

THE
LADIES Physical Directory.
OR,
A TREATISE

Of all the WEAKNESSES, INDISPOSITIONS and DISEASES peculiar to the FEMALE SEX from Eleven Years of Age, to Fifty or upwards.

BY WHICH

WOMEN and MAIDS of the meanest Capacity may perfectly understand the *Symptoms, Nature, and true Cause* of their own ILLNESSES, and readily know how to manage themselves under all their INFIRMITIES.

WITH

Proper REMEDIES in *English* prescribed, for the *Greenfickness, Obstructions, Immoderate Fluxes, Hysterick Affections, the Piles* and every other *Disorder or Distemper* the FAIR SEX are particularly liable to, whereby they may certainly and quickly Cure themselves without Trouble, the Advice or Knowledge of any other Person.

To which is Annex'd,

A Practical Discourse on BARRENNESS,

DIRECTING

How it may be certainly Cured, and those WOMEN be render'd FRUITFUL, who have been deem'd incurably BARREN for many Years; with a clear and very particular Account of *Generation and Conception*.

ALSO

Of IMPOTENCY and INFERTILITY in MEN;
With Directions for their perfect Cure.

LIKEWISE

Of MISCARRIAGE in WOMEN, and how it may be assuredly prevented even in those who have miscarried Nine or Ten times before.

The whole Illustrated,

With various Cases of Persons cured, proper Hints, useful Cautions, Observations and Instructions, the like for General Benefit to the FEMALE SEX never before Published.

By a Physician. K

The Third Edition, with large Additions.

Printed and Sold by the Author's Appointment, at the Gentlewoman's at the Two Blue Posts in Haydon-Tard in the *Middle* streets, London: 1727: Price Bound 2 s.

ALL the Medicines prescribed and recommended in this Book, are Sold only, by the Author's Appointment, at the Gentlewoman's at the Two Blue Posts in Haydon-Yard in the Minories, London, at the moderate Rates set down in the Catalogue of them, printed at the End of the Book.

NOTE, Those who think fit to leave Letters for the Author at the Place above-mentioned, are desired not to expect Answers, unless they leave Fees with them; for he has not Leisure to read Letters, consider Cases, and return Answers without suitable Gratifications, for his Time and Trouble.





THE P R E F A C E

Necessary to be first Read.

THE Usefulness of a Treatise of this kind is so evident, that it requires little or no Apology in its behalf: The slender Knowledge the Fair Sex have of their own Infirmities and Disorders, is the Reason they seldom call for Assistance, till their Illnesses are arrived at too great a Height, for the management of those they commonly apply to for help; and by that Means many of them are ruined in their Constitution, become incurably Barren, and oftentimes lose their Lives, almost before they apprehend they are in Danger.

AND what is much to be lamented, those who chiefly undertake the Cure of the Secret Indispositions of the Female Sex, and who are generally, and for the most Part only advis'd with on those Occasions, are notoriously Ignorant of them: I mean Midwives, Nurses, and other good Women, who, however well they may mean, are so little acquainted with the Nature, and various Causes of the Weaknesses and Diseases I have treated of, or of any rational Method of curing them, that what they commonly advise to, are mere insignificant Trifles, and those frequently wrong Timed.

ISINGLASS boil'd in Milk, Turpentine Pills, Clary fry'd with Eggs, Archangel Flowers, Armeni-

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an Bole, vulgarly call'd Bole Armonick, Sperma Ceti, Confection of Alkermes, Penny-Royal Water, Dr. Stephens's Water, and compound Bryony Water, commonly call'd Hysterick Water, are in a manner their whole Magazine of Remedies, and while the Patients are amus'd and drill'd on by such kind of Practice, their Distempers gain Ground and too often become deplorable.

THESE Considerations loudly call for such a Treatise as this, by the careful Perusal of which, Women and Maids themselves, of any tolerable Capacity, may perfectly understand their own Disorders, and remedy them if they please, almost as soon as they happen.

MIDWIVES, Nurses, and other well-meaning good Women also, may by reading it often, really know the Nature of those Illnesses they often undertake to Cure, and by directing to the Medicines prescribed in it, may accomplish that, which they would never otherwise be able to perform.

APOTHECARIES, Surgeons, and young Physicians likewise, may herein find the Symptoms, Causes, and proper Indications of Cure of every Secret Malady Women and Maids are liable to, in such a distinct and concise Manner, as is not elsewhere to be met with.

AND should any of these think fit openly to declaim against, or publicly seem to condemn this Work, at the same Time that they give it Place in their Closets, and have recourse to it privately for Instructions, whenever they have Female Patients under their Care; I understand this good-natur'd World so well, as to be very far from being uneasy at it.

AS to the Medicines directed to, they are such as all the really Ingenious, Candid, and well Experienced Gentlemen of the Profession, will easily see are without any pompous Apparatus, properly suited to the several Indications, and are truly replete with Power and Energy, to accomplish the Cure of the respective Weaknesses and Diseases they are appropriated to, which very long Experience, and a Series of Success in private Practice fully demonstrate.

AND that the Remedies are absolutely Effectual for the several Illnesses they are mentioned to cure, further appears
by

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by the great Service they have done to vast Numbers of the Fair Sex, since they were made Publick by means of the two former Editions of this Treatise, which were soon sold off: In-
somuch that abundance of the Female Sex, who for some Years had suffer'd under deplorable Sickness, and were just on the Brink of the Grave, have been retrieved from it, and perfectly cured by them; and many Ladies of the best Note, who through Illness afflicting them were reduced to meer Skeletons, and so weak as scarcely able to stand, have been restored by them to perfect Health and Strength, so as to become more brisk and well than ever, and to Conceive and bear Children to the Admiration of all who knew them.

I have indeed conceal'd One of the most material Ingredients in each Prescription, and on which the Success of the Medicine chiefly depends; had I communicated that also, the Female Sex could not have prepared the Medicines themselves, but must have apply'd to their Apothecaries for them, and how often their Servants make Mistakes in the Proportions of Compositions, and sometimes put in one Thing instead of another, to the utter spoiling of many Remedies, is but too well known.

I have therefore appointed all the Medicines, faithfully prepared and carefully made up, to be sold by the Gentlewoman at the Two Blue Posts in Haydon Yard in the Minories London, at as moderate Prices as any Apothecary would make them up for, with the best Ingredients in small Quantities, were the concealed Part of each Composition, discovered.

AND by this means, I have an Opportunity of doing some small Service to the Person who sells them, at the same time that all who think fit to send for the Remedies there, may be sure of having what are right and well prepared, and on which they may absolutely depend, for the Cure of the Illnesses they are severally recommended for.

AT the End of the Book, the Reader will find a Catalogue of all the Medicines prescribed in it, with the Price of each Remedy affix'd to it; so that all Ladies and others by only sending a Servant or other Person to the Place aforesaid, to ask for such or such a Medicine by its Name

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or Number, and paying so much for it as in the Catalogue is set down to be the Price, may be always sure of having the true Preparation they have occasion for, which will ever prove Effectual, and that at an easy Rate without further Trouble.

THOSE who live in the Country, may also order any Friend in London, or Carrier who comes to Town, to buy at the same Place any of the Remedies they think proper to have, and so be supply'd with them with ease.

TO make this Treatise as truly useful to the Fair Sex as I thought was absolutely necessary, I have been forced, tho' with some Reluctance, to write in a very plain Manner of all their Secret Illnesses, and yet I hope with so much Caution, as not to give Offence to the chastest Female Reader, or sully the Mind of any One.

THERE are no ludicrous Expressions in it, or double Entendres to excite Levity, or occasion indecent Ideas to be met with; but the whole will I hope be found, to be wrote with that seriousness and inartful Truth, that above all is proper for a Work of this Kind, and suitable to the innate Modesty so eminently conspicuous in the Fair Sex of this Island, who in that Respect, as well as in Beauty, and every other Grace and Perfection, are indeed the Glory of the whole Female World.

AND yet could I have made the Book intelligible to them, by writing more obscurely, I should have been much better pleas'd; but that being impossible, I hope no one will make an ill Use of it, or in the least blame me on that Account.

I shall no longer detain my Readers, but hoping this Treatise will meet with a Reception suitable to my good Intention of Writing it, and leaving the Fair Sex to judge of it themselves, subscribe my Self what I really am

Their Faithful Friend

and humble Servant,

THE

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THE few literal Errors, and some Improproprieties in the Language also, that have escaped the Correction of the Press, the Reader is desired to excuse.

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THE
L A D I E S

Physical Directory, &c.

The INTRODUCTION.

IN treating of the Natural Weaknesses and Distempers peculiarly incident to the Female Sex, I shall begin with those occasion'd by the Irregularity of the Menstrual Flux or Monthly Courses; in order to which I think it first necessary to give some Account of them in their natural State, and from their first Appearance in young Women.

THEY commonly begin to flow in Maids, when they are about Fifteen or Sixteen Years of Age; in some sooner, in others later; there having been Examples of some, who have had them before Fourteen; and of others, who have not had the least Appearance of them, till after One or Two and Twenty: And it is observable, that when Women grow in Years, they leave those soonest, in whom they soonest appear'd.

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BUT generally about the Age of Fifteen or Sixteen Virgins begin to grow ripe, and if in Health to think of Love; the Blood also increaseth in Quantity, and at certain Periods is so rarified for some Days, as not to be contained within its usual Bounds, whence distending every where its Vessels, it at length opens its self a Passage through those, which by their natural Structure and Position give it the least Resistance, which are the Blood Vessels that terminate in the Womb, and from thence issues out; and so continues to flow for some Days, till the Quantity of Blood being sufficiently diminished, and its Rarification ceasing, the Mouths of the Blood Vessels are suffer'd to close again and the Flux ceases, until the next stated Period, that the Blood is again increased in such a Quantity, and its Rarification so renewed, as to occasion it to flow again in the manner I have described: And this natural Purgation or Flux of Blood, is called the Monthly Terms or Courses.

THE Increase and Rarification of the Blood and Distension of its Vessels I have taken Notice of, occasions that universal Heaviness or uneasiness of the Body, and Pain in the Back and Loins, which all Women more or less feel at the Time their Courses are about to flow; and which when extraordinary and very severe, ought to be remedied in the Manner I shall hereafter shew under its proper Head.

WHEN the Courses first come down in Maids, they commonly do not flow above once in two Months or ten Weeks, or but little in Quantity; but as the fair Sex grow more ripe, and the Blood and its natural Vigour increases, they come down oftner, or in a larger Quantity, till the settled Term of once a Month is fixed, and then they continue so constantly till Forty, Forty five, and sometimes till Fifty Years of Age, or longer, except when Illness, being with Child, or Suckling Children hinders.

THEY flow generally from first to last, four, five or six Days, and sometimes, though very rarely, seven; and the Quantity of Blood that comes away during that time, (if the Flux is regular, and the Person in perfect Health) is commonly as much as may be contained in the Shell of a Goose Egg; but in some Women, especially those of a strong Body and sanguine Complexion, they flow in a larger Quantity than in Others. IF

IF the Terms flow constantly once a Month, and in a due Quantity, they generally preserve Women in perfect Health; but if they do not, or if there is any Disorder in this Flux, Women cannot be well, because the natural Course of the Fluids is then changed, and the admirable Order of the humane Machine broke.

THE disorders this Monthly Purgation is liable to, being several, and very different, I intend to treat of them, and of the other Indispositions Women are particularly subject to, in their Order, and under their respective Heads or Chapters.

CHAP. I.

Of the Deficiency and Suppression of the Terms in married Women and Widows, and of the Green-sickness in Virgins, with Directions for their Cure; as also for Hysterick Affections in Women, and for the Green-sickness-like Indisposition that many Girls about Eleven or Twelve Years of Age are subject to.

THE Deficiency or Suppression of the Courses, is when they flow too seldom, or but little in Quantity, (that is too sparingly, or by Drops, &c.) or not at all.

IN some Women, as well those who are married or are Widows, as Maids, tho' the Courses come down at their usual Periods, or once a Month, yet they flow not for above one Day to any significance, instead of three, four or five Days together, as they ought to do: In Others they do not come down above once in five or six Weeks, or two Months; either of which Cases is rightly deemed a Deficiency of the Courses, as also is their flowing but very little in Quantity or by Drops only: And when they do not flow at all for two or three Months together, it is justly called a total Suppression of the Terms.

THE real Cause of this Deficiency, or total Suppression of the Courses is most commonly in the Blood, (which is then too poor, foul, or viscous, occasion'd by

a bad Stomach, ill Digestion of Food, Colds, Grief, &c.) and sometimes in the Vessels of the Womb, through which the Terms flow, which then are obstructed by a viscous or tough Humour.

IF the badness of the Blood is the Cause of the Deficiency or Suppression of the Courses, the Person becomes pale and dull, unwilling to stir about, and is afflicted with loss of Appetite, loathing of Food, desire after things not fit to be eaten, (which last Symptom is more commonly found in Maids, then in Persons who have been married) bad Digestion, Pain in the Stomach, which in some Patients is so violent by Fits as hardly to be born, Shortness of Breath, often swelling about the Ankles, sometimes vomiting, and universal Disorder; also if any Blood does flow, it generally appears of a pale and wan Colour.

IF the Fault be in the Vessels of the Womb, the Person then retains her usual Colour; but at the time the Courses ought to flow, feels racking Pains in the small of her Back and about her Loins, Weariness of her Limbs, and moving Pains accompanied with a violent Motion of the Blood, flushing in the Face, Vapours, Headach, and general uneasiness over the whole Body; and sometimes the Blood issues out at the Nose, Hemorrhoid Veins, &c.

WHEN the Courses do not flow at all in Maids, and the Obstruction is of long standing, it is then called the Green-sickness; but Widows, and sometimes married Women, are afflicted with this Distemper as aforesaid: The latter ought to take great Care they do not mistake the Stoppage of their Monthly Courses, occasioned by their conceiving, for this Disease, least by taking Medicines to cure their fancied Illness, they should cause a Miscarriage; but if they have not their Courses for three or four Months together, and become pale and wan, with difficulty of Breathing, &c. without growing bigger, or having other Signs of being with Child, they may then be assured that the Suppression of the Terms is a Distemper, and not caused by Impregnation or Conception.

IF either the Deficiency, or the total Suppression of the Courses is not speedily remedied, Barrenness, and very dangerous Illnesses of one kind or other will be produced, such as Cachexy, Asthma, Inflammation, and Ulceration of the Lungs, Pleurisy, Hysterick Fits, Dropsie, &c.

I have said, that both married Women and Widows are sometimes troubled with a total Suppression of the Courses, as well as Maids; but it must be noted, that this much seldomer happens to them, than to Maids; married Women and Widows being for the most part afflicted with a Deficiency only, as above described, which is nevertheless often accompanied with very grievous Illnesses, squallid Countenance, Hysterick Fits, sometimes racking Pains and universal Disorder; which are only to be cured by bringing the Courses to their natural or regular Order of flowing once a Month, and in a due Quantity each time.

NOW to take off all or any of the above enumerated Symptoms, to prevent the dismal Effects of this Indisposition, and to cure either the Deficiency or Suppression of the Courses, whether in Maids, married Women, or Widows, such Remedies must be given, as will cleanse the Stomach and first Passages, dissolve all viscous Humours, rectify the Blood and Juices, free them from all impurities, and effectually open all manner of Obstructions in any Part of the Body: And this is to be brought about first by gentle evacuating Medicines, and then by such Corroborating, Deobstructive Remedies, as will confirm the Texture of the Fluids, strengthen the Stomach and Bowels, create an Appetite, cause a good Digestion, and finally establish the Blood in its natural florid State, and thereby assuredly restore a good Colour to the Face, and perfect Health to the Body.

TO obtain these good Ends, a great number of Medicines of various Kinds have been prescribed by Authors, some of which may doubtless be very good, as many others are wholly insignificant; but the following Remedies are what I entirely rely on, having long experienced them never to fail when duly taken, of certainly accomplishing the Cure in a very short Time, and in an agreeable manner.

I advise therefore the Patient to begin the Cure with gentle Purging; and for that Purpose nothing can exceed my following *Purging Pills*, of which let her take four times in the Morning fasting, drinking Water-Gruel, Posset-drink, Barly-water, warm Ale, or Tea, in the Working, and they will give four, five or six easy Stools; handsomely cleanse the Stomach and Bowels, and do infinite Good; sometimes a Dose alone will bring down the Courses, especially if the Illness be but of short standing, and

occasioned only by Obstruction of the Womb-Vessels.
They are thus made.

No. 1. The Purging Pills.

Take of the best Russia Castor, four Grains; Opening Saffron of Steel, two Scruples; Pil Cochia the greater, two Drams; Chymical Oil of Savin, three Drops; of my Select Mineral half a Dram; Balsam of Peru, nine Drops, Syrup of Mugwort, a sufficient Quantity, mix and make fifteen Pills.

THE very next Day after Purging, I would advise the Patient to begin the following pleasant *Opening Powder*, taking full as much of it as will lie heap'd upon a Shilling betimes every Morning, and at three o' Clock every Afternoon, and also about Eight o'Clock every Evening, for a compleat Month together, either licking it up from a Spoon by it self, or mixing it with near half a spoonful of White Wine, or with a little of any pleasant Syrup. as she likes best, and drinking a Glass of White Wine, or a Draught of strong Mace Ale, or which is better than either, a Glass of bitter Wine, after each Dose, and walking about at least half an Hour or more after it, without any further Observation than only not to Eat any thing for near an Hour before or after taking it; and it will open all Manner of Obstructions, strengthen the Stomach, purify the Blood, rectify the Juices, take away all Paleness, Dullness, Weariness, Difficulty of Breathing, Pain in the Stomach &c. create an Appetite, cause a good Digestion, bring a good Colour into the Face, and make the Patient brisk, lively, active, and healthy to Admiration.
It is made thus.

No. 2 The Opening Pouder.

Take Winters Cinnamon, Cloves, Nutmegs; of each one Scruple; Compound Pouder of Arum Root, one Dram; Prepared Steel, half an Ounce; double Refin'd Loaf-Sugar, one Ounce; of my Aperitive Magistery, half a Dram;

Dram; mix and make a subtile Pouder according to Art, which keep in a warm dry Place for Use.

BUT if either the Deficiency, or the total Suppression of the Courses is of long standing, or should prove stubborn, and not to be remedied after taking this *Pouder* for a whole Month or thirty Days together, which will very seldom if ever happen, then it will be necessary to take another Dose of the *Purging Pills*, and the Day after that, the *Pouder* again in like Order as before, and so to continue it till the Illness is effectually cured, which will soon be, observing all the while she is under this Course, to Eat fresh Meat, rather roasted than boil'd, and other Food that is good and easy of Digestion, and to abstain from Fruit, Greens, and Herbs, and also not to drink too freely of small Liquors, such as Tea, small Beer, &c. but only what is sufficient to quench Thirst; for small Liquors being drank quickly after taking the *Pouder*, or in too large a Quantity, will not only prevent its having so good Effect as otherwise it would, but also cause a little Sickishness at Stomach.

BUT if at any time the *Pouder* should happen to lie heavy on the Stomach, or make the Patient a little sickish, she may presently be reliev'd from that, or any other Inconvenience, by drinking a Glas of good White Wine.

Note, IF it is apprehended that the Patient wants Purging pretty much, and her strength will admit of it, she may then take two or three Doses of the *Purging Pills* before she begins the *Opening Pouder*, always interposing one Day at least between each Dose.

AND if she finds four of the *Purging Pills* work a little too much the first time she takes them, then the next time she may take but three of them for a Dose, but if she finds four of them not purge enough, then she may take five *Pills* for the next Dose.

BUT if the Patient by being long afflicted with this Illness, or by taking other Medicines, is brought into a very weak Condition, so as to be unfit to bear Purging, then she should not take the *Purging Pills* at all, but begin with the *Opening Pouder*, and continue to take it constantly as before directed, without taking any of the *Purging Pills*; and during the time she is taking the *Pou-*

der to provoke the Terms, she should use moderate Exercise, almost continually, such as walking abroad, or riding on Horse-back, stirring about House, up and down Stairs, &c.

AND after the Patient by taking the *Purging Pills*, or *Opening Powder*, or both, has had her Courses in regular order and in a due Quantity, then to strengthen the Womb and its Vessels, to establish the good Texture of the Blood and Juices, and to confirm her Health effectually, so that she may not relapse into the former Disorder, it will be necessary for her to take the Quantity of a Nutmeg of the following *Corroborating Electuary*, from off the Point of a Knife, or any other way more agreeable, every Morning and at four o' Clock every Afternoon, for a Fortnight, three Weeks, or a Month together, as she finds proper, drinking a Glass of White Wine, or rather bitter Wine, after each Dose. *It is thus made.*

No. 3. The Corroborating Electuary.

Take of Compound Powder of Arum Root fresh made, half a Dram; candid Nutmegs, candid Ginger, of each two Scruples; candid Orange-Peel, candid Angelica of each a Dram; prepared Steel, three Drams; Conserve of Garden Scurvy-Grass, Conserve of Roman Wormwood of each three Drams; of my Aperitive Salt, ten Grains; Syrup of Steel a sufficient Quantity to make an Electuary according to Art.

THIS *Electuary* visibly revives and strengthens the whole Body, increases the Blood and Spirits, comforts, drives away Melancholy, and makes those robust and strong who before were weak and pining, so altering the whole Frame of Nature for the better, that one would stand amaz'd at it.

AND thus the Cure will be pleasantly accomplished, without Confinement, Trouble or Difficulty, and the Patient be restored to perfect Health, Strength and Briskness, without being any more fatigued all the while she is regaining such an happy State, than if she took nothing at all, the Medicines being neither disagreeable to the Palate, or Stomach, nor occasioning any Disorder whatsoever if the Directions I have given be but duly observed.

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ALL Hyſterick Affections alſo, and thoſe numerous Diſorders that come under the Name of Vapours and afflict the fair Sex ſo terribly, may be effectually cured by them, if taken for five or ſix Weeks together exactly as I have directed for the Deficiency of the Terms; obſerving only that for the moſt Part it is proper for Hyſterick Women to loſe about eight Ounces of Blood from the Arm, the Day before this Courſe of Medicines is enter'd upon, if ſtrength and other Circumſtances will by any means admit of it.

THE ſame good effect will theſe Remedies likewise have in the Green-Sickneſs-like Indiſpoſition that many Girls are ſubject to, before they come to Maturity, namely about Eleven, Twelve or Thirteen Years of Age, who often look Pale, Wan and of a Greensickneſs-like Complexion, and are ſometimes weak, Dull, ſhort Breath'd, and unactive; obſerving only that Perſons about that Age, muſt take all the Medicines I have adviſed to, in ſmaller Doſes than I have directed for Women and ſuch as are arrived to Years of Maturity; as for Example, inſtead of taking four of the *Purging Pills* for a Doſe, two or three of them may be ſufficient at one time to Purge a Girl of about Twelve or Thirteen; and after ſhe has been purged once, twice, or three times, as her ſtrength will allow, or as it may be thought convenient, and is about to begin the *Opening Pouder*, then inſtead of taking as much of it as will lie heap'd upon a Shilling three times a Day, let her take only as much of it as will lie upon a Sixpence: And ſo alſo of the *Corroborating El:ſtuary*, inſtead of taking the Quantity of a large Nutmeg, let her take only the Quantity of a ſmall hazel Nut for a Doſe twice every Day; but in all other reſpects let the Directions I have before given be punctually followed, and ſhe will ſoon be reſtored to a good ruddy Complexion, a chearfull and active diſpoſition, and healthy ſtate of Body; and if ſhe ſhould happen to be troubled with Worms, as ſeveral of that Age are, theſe Remedies will intirely deſtroy them alſo, and eſtabliſh her in Strength and Vigour to admiration.

N. B. It is highly neceſſary for Women and Maids who are in perfect Health and have their Courſes regularly, to keep themſelves very warm for two or three Days whiſt they Flow, and drink hot ſupings to promote them, ſuch

as White Wine-Caudle, or for those in meaner Circumstances Ale-Caudle, which being drank upon going to Bed, and also an hour or two before rising in a Morning, will cause them to come down freely and in good Order, and so preserve them in Health and Strength. A little mull'd White Wine or even hot Ale with a little Spice and Sugar in it, now and then on those Occasions, are also of good service.

AND now having briefly made known all that is necessary for the Cure of either the Deficiency, or the total Stoppage of the Terms, whether in Maids, Married Women, or Widows; as also for Hysterick Affections in Women, as well as for the Greensickness-like Disorder that Girls are subject to; I shall conclude this Chapter with a Letter I received while I was writing it, from a Gentleman in *Hertford*, whose Daughter, a young Gentlewoman, about seventeen Years of Age, had never had the Benefit of Nature, but was almost ruin'd by the Green-Sickness, being exceeding pale, short breath'd, and hardly able to move about, without any Appetite to Food, but desirous of eating Chalk, Cinders, Wall, &c. which she could scarcely be kept from; her affectionate Parents had taken the Advice of several Physicians, and the young Lady took a great many Medicines to no purpose, till she took my *Purging Pills* and *Opening Powder* before mentioned, which happily cured her: She chanced accidentally to take my Medicines thus:

HER Father being in *London* about six Weeks ago, was with three or four others, Men and their Wives, invited by a worthy Gentleman his Friend, to Dine with him, I being also desired, made one of the Company, and after Dinner, among other Discourse, the Ladies happening to talk of the respective Illnesses they had suffer'd, and of the Indispositions several of their Friends laboured under, the *Hertfordshire* Gentleman took that Opportunity, understanding I was a Physician, to acquaint me with his Daughter's Illness: As soon as he had done, I was sent for away, but heard afterwards, the Company proceeding on that Topick, the Gentleman of the House, and his Spoule, were pleased to speak much to my Advantage, in respect to the Success that attended my Practice. The *Hertfordshire* Gentleman went into the Country the next Morning, and coming to his House, found his Wife, who is about

Thirty

Thirty six Years of Age, exceeding ill, with tormenting Pains in her Back, and sometimes in her Head, attended with flushings in her Face, Feverish Heat, and universal Uneasiness, which was all occasioned by a Suppression of her Courses, through a violent Cold she got, when they were just ready to flow: It being the first time she had been afflicted in that manner, she was the more surprized at it, and as her Husband came in, was going to send for a Physician near them, under whose Hands her Daughter had for some time been; but her Husband mentioning what he had heard of my Practice, and both of them considering what little Help their Daughter had received, from the Prescriptions of the Physicians they had consulted hitherto, resolved to send to me; accordingly, the Gentleman wrote his Wife's Case, in a Letter, and sent his Servant on Horseback with it immediately, desiring me to advise to what I thought proper, as soon as could be; I consider'd the Lady's Case, and being sensible that her Indisposition, and all the Symptoms would be removed by provoking her Courses, which were only hindred from coming down by an Obstruction the violent Cold had caused, in the Vessels of the Womb, through which the Blood flows; I therefore Order'd her a Box of my *Purging Pills*, one Dose of which I expected would remedy the whole matter, but least the Stoppage of the Terms should prove stubborn, as sometimes it will, I Directed for her a pretty large Quantity of my *Opening Powder* also, with Orders for her to take four of the *Purging Pills* betimes the next Morning, and if they did not accomplish the Business, to begin the *Opening Powder* the Day following just as I have directed before in this Chapter, till her Courses came down, after which I wrote that it would be necessary for her to take the *Corroborating Electuary*, to confirm her Health, and prevent a Relapse for the future; I inform'd the Gentleman also, that if one Dose of the *Purging Pills* remov'd her Illness, then if he pleas'd, to let his Daughter take the *Pills* and *Powder* in the same Manner as I directed his Wife to take them, I was satisfied they would cure her also: They followed my Advice, and the Medicines had the desired Effect, not only upon the Gentleman's Wife, whom one Dose of the *Pills* set to rights, but also upon his Daughter, and another young Woman at *Hertsford*, who were both cured, as by

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the Letter, which the Gentleman sent me, with a very handsome Gratification, appears more particularly.

Worthy Sir,

I Send this to return you my hearty Thanks for the great Service you have done my Family : One Dose of the *Purging Pills* brought my Wife into good Order, without taking the *Opening Pouder* at all. I should have wrote to you before now, but my Wife receiving so much Benefit, was resolved my Daughter, who had been ill with the Green-Sickness a great while, and had taken abundance of Physick in vain, as I told you, when I was in *London*, should take both the *Pills* and *Opening Pouder* as you advised in your Letter, and therefore I delayed Writing till I could give you an Account of the Effect they had upon her: She being tired with taking Medicines, was with difficulty persuaded to take one Dose of the *Purging Pills*, which worked very well, and being a little weak the next Day, she did not begin the *Opening Pouder* till the Day following; but then continued it constantly for about three Weeks, after which, she took another Dose of the *Purging Pills*, and the next Day the *Opening Pouder* again, which she took for about four Days more, and it brought the Benefit of Nature upon her, since which, she eats, drinks and digests her Victuals well, looks something fresh and ruddy, and is recover'd to Admiration. My Wife gave the Remainder of the *Pouder* to a Neighbour's Daughter, who was in the same Condition, but so weak as not fit to take the *Purging Pills*, and that alone has Cured her, in about a Fortnight, all but Want of Strength, which she now daily recovers, and begins to look brisk, and have a good Stomach. Now Sir, my Wife and Daughter, and the young Woman, desire you to Order the *Corroborating Electuary*, that in your Letter you informed me would be necessary my Wife should take after the other Medicines to confirm Health and prevent Relapse, and they believe, by the good Effects they have already found by the *Pills* and *Pouder*, That will be all the Physick they shall have occasion for.

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THE rest of the Letter containing only an Encomium on my Skill, &c. I purposely omit it.

C H A P. II.

Of the immoderate Flux, or Over-flowing of the Terms.

THE Courses are properly deem'd immoderate, when the Blood flows from the Womb-Vessels in too large a Quantity, or too long together, or oftener than once a Month. In some Women they continue many Days together, in Others not longer than usual, but then return often, as once a Fortnight, or sooner, and in Some the Flux is more, in Others less violent, many Women also, as soon as their Courses stop, are afflicted with the Whites, or Piles, and sometimes with both.

THIS Illness, or excessive Flowing of the Terms, is generally caused by a Redundancy of Blood, or its too great Rarification occasioned by sharp scorbutick Salts in the Juices, and sometimes by Disorder of the Womb-Vessels.

THE Overflowing of the Courses is most commonly accompanied with a burning feverish Heat, tearing Pains in the small of the Back, Pain and Heat about the Neck of the Womb, violent Head-ach, loss of Appetite, and languishing Weakness of the whole Body; and if not speedily cured, reduces the Person exceedingly, causing total Barrenness, lasting Weakness, pining Consumption, &c. which terminate in Death, if not timely remedied.

IF the Blood that comes away is of a bright red Colour, and when taken upon Linnen and dry, discovers a pale Circle, it shews that the Blood is thin and waterish, the Vessels of the Womb too lax or loose, the Patient very weak, but not exceeding Feverish; but if it be of a deep red, and easily clots, it is then a Sign of a Redundancy of Blood, and the Person is very hot, feverish and uneasy; and if the Blood in coming away causes great Itching

Itching and Uneasiness of the Parts, it shews, that the Juices of the Body are very full of acrid or sharp Salts.

NOW to cure this Indisposition, (Revulsion by Bleeding, &c. being first made) such Medicines must be prescribed, as by their cooling, absorbent, and sub-astringent Qualities, will retard the Violent Motion and lessen the great Rarification of the Blood, allay Thirst and Heat, take off the Fever, subdue all scorbutick acrid Salts in the Blood, rectifie the Juices, and strengthen the Womb-Vessels; by which Means, the Courses will be quickly stop'd, and the Patient wholly restored to perfect Health and Strength.

FOR which End, and effectually to prevent the aforementioned ill Consequences, the Patient should first be let Blood in the Arm, to the Quantity of about Eight, Nine or Ten Ounces, in proportion to her Strength and present condition; and the very next Morning about six o' Clock, she ought to take the Quantity of a very large Walnut, or more of the following *Laxative Electuary*, either by it self, or dissolved in a little thin Water-gruel, which she likes best, and sleeping about an Hour after it; and if in about two Hours after it is taken, it should not move her to Stool, then it will be proper for her to take as much more of it, so as to give her five or six Stools: Water-gruel, Barley-water, or Tea, are Liquors proper to be drank after it begins to operate. *It is thus made.*

No. 4. The Laxative Electuary.

Take Extract of Cassia new drawn, Lenitive Electuary, and Cream of Tartar, of each six Drams; of my Loosening Confect, six Drams; mix and make an Electuary according to Art.

AND the Day after she has been purged with the *Laxative Electuary*, let her begin the following *Cooling Anodyne Powder*, taking as much of it as will lie heap'd upon a Shilling, in a little warm Water-gruel, or other agreeable Liquor betimes every Morning, and at four o' Clock every Afternoon, till all Feverish Heat and other Symptoms are entirely taken off. *It is made thus.*

No. 5

No. 5. The Cooling Anodyne Pouder.

Take of Prunel Stone, one Dram; White Amber prepared, a Dram and an half; cooling Species of Gum Tragacanth, two Drams; of my Anodyne Salt, three Drams and an half; mix and make a fine Pouder which keep for use.

AND besides this Pouder, the Patient should take the Quantity of a large Nutmeg of the following pleasant *Restraining Electuary*, from the point of a Knife, or any other way more agreeable, at Eleven o' Clock every Forenoon, and at Eight o' Clock every Night, till the Flux is quite stopped, the Cure perfectly compleated, and the Strength wholly restored; minding not to eat any thing for an Hour before or after each Dose, but drinking a little of any agreeable Liquor to wash it down. *It is thus made.*

No. 6. The Restraining Electuary.

Take Balaustines, Tróches of Lemnian Earth, of each one Scruple; red Coral prepared, Pomegranate Peel, of each half a Dram; Earth of Japan, Aromatick Pouder with Roses, of each two Scruples; Confect of Jacinth, a Dram; Juice of Cherries Berries, Marmalade of Quinces, of each two Drams; Conserve of Red Roses, three Drams; Chymical Oil of Nutmegs, three Drops; of my Metalline Absorbent Pouder, two Scruples; Syrup of Quinces, a sufficient Quantity to make an Electuary.

THESE two Medicines being taken according to Directions, will immediately strike at the very Cause of the Illness, allay the violent Heat and Thirst, take off the Fever, rectifie the Blood and Juices, stop the immoderate Flux, strengthen the Back, and weakned Vessels of the Womb, prevent the Piles (which are often caused by the common Medicines given to abate the Courses) and will bring the Patient into good order in a short time, and by continuing of them for about a Fortnight, will perfectly restore her to Health and Strength, and effectually prevent a Relapse for the future.

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WHEN the Fever and all preternatural Heat is perfectly extinguished, the Patient may leave off taking the *Cooling Anodyne Powder*, and take only the pleasant *Restraining Electuary*, as before directed; so also if the Patient should happen to be troubled with the Cholick or Gripes, she must omit the *Powder*, but constantly take the *Electuary* till she is perfectly Cured, because it admirably strengthens the Stomach, Back and weakned Vessels, brings the Blood and Juices into excellent Order, fortifies the Spirits, and firmly establishes Health and Vigour.

IF the Patient, while she is taking the pleasant *Restraining Electuary*, finds her self costive, or hard bound, then once in three or four Days, she may take a Dose of the *Laxative Electuary* in the Morning fasting, as before directed, (omitting to take the other Medicines that Day) and it will give three, or four gentle Stools, and make the Body pleasant and easie, without Griping, making sick, weakening, causing the least Trouble, or requiring Confinement.

NOTE, Whilst the Patient is in this Course it will be convenient for her to drink freely of Tea, or Water, gruel, which will cool and dilute the Blood, quench Thirst, and do much good. She must also mind to abstain from all strong and inflaming Liquors, and from hot spiced Food, or salted Meats; but if she is very faint and weak, she may now and then drink a Cup of the following Liquor cold; namely, an equal Quantity of Claret and Spring-water well boil'd with a little dried *Baum* or *Mint* in it, and then strain'd off, and lightly sweeten'd with the very finest Loaf Sugar; which Liquor when cold, as it ought always to be drank in those Cases, will prove Cordial and gently Astringent, and is very proper to be taken, a little at a time, with each Dose of the *Restraining Electuary* to wash it down, as well as at other times, when very faint and weak.

NOTE also, That if the Patient is reduced very low, and is so exceeding weak and faint, as not able to bear Bleeding or gentle Purging, though that very rarely happens, then she must have immediate recourse to the *Cooling Anodyne Powder*, and pleasant *Restraining Electuary*, taking them as before directed, omitting

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ting either first Bleeding, or Purging, or both, as she finds most proper.

THUS these Directions being followed, and the Medicines regularly taken, the Over-flowing of the Courses, be it ever so bad, will most certainly be cured; an eminent Instance or two of which, occurring to my Memory, I judge the Relation will be acceptable, as well as serviceable to the Reader, and therefore will insert the Particulars, and so end this Chapter.

THE first Case I design to mention, is of a Gentlewoman about Thirty, who for six or eight Months before, had been afflicted with the flowing of her Courses constantly once a Fortnight, in the same Quantity that used to flow, when she was in good Order, once a Month, and as soon as they went off, she was exceedingly troubled with the Piles for three or four Days, and after that, with the Whites to an excessive Degree, which always held her till her Terms came down again. This Indisposition had reduced her to exceeding Weakness, her Stomach was much out of Order, she was continually feverish, had great Pain in her Head, but a more violent One in her Back, insomuch that she was hardly able to walk about the House. As soon as I was acquainted with her Illness, I found that her Blood, by the pale Circle it discover'd upon Linnen, was poor, waterish, and very acrid, whence proceeded the Feverish Heat, and all the other Symptoms.

AND considering that her Stomach and Bowels were very foul, I order'd her to take a very large Dose of my *Laxative Electuary* the next Morning to cleanse them, which had very good Effect, and the Day following I caus'd her to begin my *Cooling Anodyne Powder*, and pleasant *Restraining Electuary*, and to take them as before directed for two Days, which took off all immoderate Heat, and stopt her Courses; after that, I directed her to continue the pleasant *Restraining Electuary* alone, for a Fortnight, in order to absorb all sharp Humours, rectifie her Blood, and strengthen her Back and Womb Vessels; but in three Days time she sent me Word, that she believed she should be troubled with the Piles, being somewhat Constive, and a little pained, when she went to Stool: I there-

fore directed her to take a large Dose of the *Laxative Electuary* again, betimes the next Morning, and to omit the pleasant *Restraining Electuary* that Day, and so to take the *Laxative One*, once every three or four Days, if she found her self Costive, and the pleasant *Restraining Electuary* constantly the other Days for the remainder of the Fortnight, or till she was quite well, and had perfectly recovered her Strength.

ACCORDINGLY she took the Quantity of a large Walnut of the *Laxative Electuary*, the next Morning, which gave her two or three loose Stools, and wholly freed her from all Apprehension of the Piles, and the next Day, she began the pleasant *Restraining Electuary* again; and thus by following Directions as above, she was soon perfectly cured, has had her Courses in regular Order and continued in good Health ever since.

THE other Case that occurs to my Mind, was of a young Gentlewoman of about Eighteen Years of Age, jolly, and of a sanguine Complexion, to whom being sent for, I was informed, that till a little before that time she had always enjoyed perfect Health, but then was taken of a sudden with a feverish Heat, and an exceeding Flux of the Courses; when I came to her she had had them ten or twelve Days upon her, and they still continued to flow in a very large Quantity.

HER Fever, notwithstanding the great Loss of Blood she had suffer'd, being pretty high, I directed her to bleed immediately from the Arm, to the Quantity of Eight Ounces, which in some measure diverted the Course of the Blood; I did not order her my *Laxative Electuary*, she being very weak, and her Stomach and Bowels not foul; but presently prescribed my *Cooling Anodyne Pouder*, and pleasant *Restraining Electuary*, directing her to take both in the Manner above order'd, for about four Days; she had not taken above six Doses of each, but her Feverish Heat was overcome and her Courses stopt; on the fourth Day she happened to be a little griped; therefore I order'd her to leave off the *Cooling Anodyne Pouder*, and take only the pleasant *Restraining Electuary*, which she did for two or three Days longer, and it perfectly cured her, she only remaining a little weak, occasion'd by the exceeding Flux she had labour'd under; but she soon recover'd her Strength without any more Medicines, and has remain'd well ever since.

since. There was no absolute necessity for her to continue the pleasant *Restraining Electuary* any longer, because the Redundancy and too great Celerity of her Blood, which was the Cause of her Illness, being remedied by Bleeding and the cooling Medicines, the Effects of course ceased without Danger of returning: But in the Gentlewoman's Case first mentioned, it was quite different; for her Illness being caused by acrid Salts in her Blood, and having continued a long time, it had much injur'd the Womb-Vessels, which could not be strengthen'd sufficiently, nor her Blood have been rectified as it ought, without taking the pleasant *Restraining Electuary*, for a Fortnight or more; and indeed, could the young Lady have been persuaded to have taken it for Nine or Ten Days longer, which she refused to do, it would have been the better for her, for she would have thereby recovered more Strength in one Day, than without it she did in three, it being so excellently powerful in restoring Persons weakened by that Illness.

C H A P. III.

Of the exceeding Pain and Uneasiness some Women endure, just upon the coming down of their Courses every time they flow; and of the bad Colour and ill Smell of the Blood, that flows from some Persons; as also, of the Disorders Women in Years are subject to, when their Courses begin to leave them.

AMONG the Disorders of the Courses, the Misery that some Women undergo, just upon their coming down, every time they flow, is none of the least; it being very grievous and dangerous.

THEY are commonly afflicted with violent shooting Pains in the Head, Pain in the Back, Stomach and Bowels, not much unlike the Cholick, with most racking Misery about the Region of the Womb, and sometimes Vapours, Palpitation of the Heart, Convulsions; &c. all which

proceed from Wind, or from the smallness of the Vessels of the Womb, or their convulsive Contraction, or from their being full of Blood, and their Openings obstructed with a viscons Matter, so as not freely to afford it Passage suitable to its extraordinary Rarification, which plainly appears by this, that when the Courses come down freely, the Symptoms presently abate and go off.

IF this Indisposition is not speedily remedied, there will in time follow a total Suppression or Stoppage of the Terms, from whence may proceed continual Fevers, and other fatal acute Diseases: To prevent which, and cure this Disorder, Carminative, Anodyne, Anti-hysterick and Deobstrusive Medicines must be prescribed; such as will effectually expel Wind, allay Pain, correct the Viscosity of the Juices, and open all Obstructions, so as to give immediate Ease to the Patient in the Fit, and entirely prevent the Return of that Indisposition for the future.

THEREFORE assuredly to prevent what may ensue, and entirely to be freed from this Difficulty of the Courses, or uneasy Indisposition, I would advise the Patient as soon as she perceives the approaching Flux of the Terms, and is in violent Pain, to take two or three Spoonfuls of the following *Anti-hysterick Cordial*, and continue to take the like Quantity of it, every two or three Hours for twice more, or till she has taken the whole prescribed Quantity if there should be occasion; that is, till the Courses flow freely, or without much Pain, but besure no longer; minding to go to Bed, or at least to lie down upon it, and be covered very warm when she takes it. The drinking White Wine-Caudle also, and such like hot suppers is very proper on these Occasions. *The Anti-hysterick Cordial is thus made.*

No. 7. The Anti-hysterick Cordial.

Take Rue-Water and Penny-Royal Water, of each an Ounce; Bryony-Water compound, Dr. Stephen's Water, of each half an Ounce; Syrup of Mugwort, half an Ounce; Spirit of Salt Armoniack, half a Dram; Liquid Laudanum, prepar'd with Tincture of Salt of Tartar, thirty Drops; of my Anti-hysterick Tincture, a Dram; mix for an Anti-hysterick Cordial.

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THIS *Anti-hysterick Cordial* will absolutely take off all manner of Pain and Uneasiness, cause pleasant Rest and Sleep, support the Patient's Spirits, strengthen her Stomach, expel Wind, open all Obstructions, and (by taking off the Spasmodick Contractions of their Fibres) enlarge the Vessels through which the Blood flows, banish all the Symptoms, and finally cure the Disorder for the time present.

BUT effectually to cure this Indisposition, so as not to be liable to it for the future, the Patient, when the present Fit of Pain is overcome, and as soon as her Courses have done flowing for that time, ought to begin my pleasant *Opening Powder*, prescrib'd in the first Chapter of this Book, Page 6. and take it constantly, and exactly as is there directed, for a whole Month, six Weeks, or longer, which will assuredly free her from any future Return of Pain and Uneasiness at the time the Terms begin to flow, entirely prevent all ill Consequences of that Indisposition, and absolutely establish Health and Strength.

IN some Women, the Courses are of various and ugly Colours, the Blood that flows being yellowish, livid, black, &c. and sometimes has a very nauseous Smell; which Disorders are caused by the badness of the whole Mass of Blood, or its particular Corruption in the Vessels of the Womb: The Blood and Juices therefore must be purified and the whole Body cleansed, by proper Cathartick, and Alterative Medicines, as the Case requires.

BUT these Indispositions may be safely and speedily remedied by the following *Uterine Drops*, together with my *Purging Pills* prescribed in the first Chapter, Page 6. aforegoing; the Patient taking a Dose of the *Pills* betimes in a Morning fasting, as in the said first Chapter is directed, and repeating them once every four or five Days as Strength will permit; and the *Uterine Drops* on the intervening Days, taking Thirty or Forty Drops (first shaking the Bottle) for a Dose, betimes in a Morning fasting in five or six Spoonfuls of Luke-warm thin Water-gruel, and the like Number of them in a Glass of White-wine about five or six o' Clock every Evening, minding not to eat any Thing for near 'an Hour before or after each Dose, but to walk about pretty much after taking them. *They are made thus.*

No. 8. The Uterine Drops.

*Take of Tartariz'd Elixir of Property, half an Ounce;
Mynsicht's Tincture of Steel, two Drams; of my Purify-
ing Essence, a Dram and half; mix according to Art,
and keep them for Use*

THESE admirable *Uterine Drops* will rectify the Stomach and Blood, purify all the Juices, and powerfully cleanse the Womb; they resist all manner of Corruption and Putrefaction in a wonderful Degree, keep the Body in good Condition, and so particularly correct the ill State of the Fluids, without any the least Disorder, while the *Purging Pills* carry off all foul Humours, that they effectually cause the Terms to be of a good Colour, and free from any ill Scent whatever.

AND thus let this Course be continued for three Weeks or a Month together or longer, namely, a Dose of the *Purging Pills* once every four or five Days, or at least once a Week; and the *Uterine Drops* constantly twice a Day, on the other Days, as before directed, and they will assuredly purify the whole Mass of Blood, cleanse the Womb-Vessels, strike at the Root of all Corruption and Putrefaction, bring the Courses to their natural Colour, and perfectly take away all offensive Smell, restoring the Patient to pristine Health and good Order.

AND here it will not be amiss to touch upon the Disorders that most Women labour under, when being between Forty or Fifty Years of Age, their Courses begin first to dodge, and at last to leave them; for then they are frequently troubled with a severe Pain in the Head and Back, and about the Loins; sometimes also with Cholick Pains, Gripes and Loosness; at other times, with Vapours to a violent degree; likewise feverish Heats and wandering Rheumatick Pains, &c.

TO prevent and cure all which, Bleeding to the Quantity of Eight Ounces, if strength will admit, will be very necessary; after which, no Method or Medicines are more proper and beneficial than my *Purging Pills*, to be taken a Dose every Four or Five Days, or at least once a Week, (beginning the very next Day after Bleeding) and my
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Uterine Drops the other days, in the same Dose and Manner as above directed, and so continue them for a Month or Six Weeks together, or longer, which then will assuredly have the desired Effect.

BUT if the Courses not only dodge, but when they do flow, are but very sparing in Quantity, and the Patient is likewise subject to the Hysterick Disease; then it will be best for her, after Bleeding as above directed, and Once Purging with my *Purging Pills*, to begin my *Opening Powder* prescrib'd in the first Chapter Page 6. aforegoing and take it constantly as is there directed, as also the *Corroborating Electuary* prescribed in Page 8. afterwards, as I have in that Chapter advised; and she will certainly find the excellent Effects of them, by enjoying an happy and settled state of Health.

NOTE, The *Uterine Drops* I have in this Chapter recommended, are exceedingly good for Children troubled with Worms, whether Boys or Girls, and generally Cure them effectually, when taken as I have above directed, for about a Fortnight or three Weeks together.

NOTE also, That the *Uterine Drops* being taken by Girls about Eleven or Twelve years of Age, in the Dose and manner I have advised, will often alone, or without Purging or any other Medicine whatever, not only prevent, but intirely free them from the Green-sickness-like Indisposition, and pale or wan Countenance, &c. that I have taken notice of, in the first Chapter.

AND thus I have gone through the Weaknesses and Indispositions that often attend the Female Sex, occasioned by the Irregularity of the Menstrual Flux or Courses, and have set down, in a plain intelligible Manner, the best Method of Cure, so as every one suffering under those afflicting Illnesses, may without Trouble, or revealing their Case to any One, certainly cure themselves with the greatest Safety, Ease and Expedition imaginable.

C H A P. IV.

Of the Piles.

THIS Distemper being common to Men, as well as to Women, it may be thought strange that I treat of it here; but considering that many of the Fair Sex do not care to acquaint Physicians that they are afflicted with the Piles, it made me conclude this Chapter would prove as serviceable, and be as acceptable to them as the others.

THE Indisposition called the Hæmorrhoids or Piles, is miserably painful, making the Patient very Restless, Fretful and Faint; it is a Swelling and Soreness of the Hæmorrhoid Veins, just within, and sometimes just without the Fundament: When they do not bleed, they are called the Blind Piles, and then they swell much, and cause violent Pain and inexpressible Torture, at going to Stool: The Bleeding Piles, though very sore, are not so bad or dangerous as the other, except the Flux is very Violent, and continues long, for then it induces Fainting, Swooning, Loss of Strength, Citron like Colour of the Skin, resembling the Jaundice, Evil Habit of the Body, Consumption, Dropsy, &c.

THE Cause of this Illness is most commonly a too great Rarification and Heat of the Blood and Humours, as the Feverish Disposition of the Patient at that time plainly shews, so that a Redundancy of Blood, Stoppage of the Terms, (either accidentally, or by irregular Methods) Colds, &c. often occasion the Piles, the latter by hindring the usual Secretions, and thereby rarifying the Blood, and increasing its Celerity, when filling the Hæmorrhoid Veins, if they easily open, it issues out, and if they do not, it there stagnates and swells them, &c. as before mentioned; sometimes the Piles are caused by hard Riding, or other violent Exercise, also severe Purgings, &c. but in those Cases, the Illness commonly goes off, by Ease, Rest, and temperate Living.

IF the blind Piles continue long, the Swelling may grow Schirrous, and an Ulcer, or Fistula, difficult to Cure, may succeed.

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TO prevent which, and Cure the Piles, proper *Alterative* and *Cooling Medicines* must be given inwardly, to allay the too great Heat and abate the Velocity of the Blood, reduce its Discracy, and thereby destroy the real Cause of the Distemper, whilst suitable intrinsick Remedies are outwardly apply'd, to discuss the Tumour, ease Pain, and perfectly heal and cure the affected Part.

IF the Patient is Feverish, or the Pain and Inflammation great, Bleeding in the Arm, to the Quantity of Eight or Nine Ounces, will be absolutely necessary to divert the Humours; after which, let as much of the following *Alterative Pouder*, as will lie heap'd upon a Shilling, be taken four times every Day, *viz.* betimes in the Morning fasting, at Eleven o'Clock in the Forenoon, at four o'Clock in the Afternoon, and at Night going to Bed: The Patient may take it mixed in a Spoon with a little Beer, Water-gruel, Tea, or any other small Liquor she likes better, drinking a Draught of the same, made Luke-warm, after each Dose. *It is made thus.*

No. 9. The Alterative Pouder.

Take Cream of Tartar, three Drams; Liquorice Pouder, a Dram and half; White Amber prepared, a Dram; Prunel-stone, a Dram; sweet Salt of Steel, half a Dram; of my Mineral Magistery, a Dram; mix and make a fine Pouder according to Art.

THIS *Alterative Pouder* will allay the heat and take off the Rarification of the Blood, restrain its Impetuosity, cool and rectify the whole Mass, and obtund and correct all acrid or sharp Humours to Admiration.

AND at the same time the Patient is taking this *Alterative Pouder*, let the following *Intrinsick Liniment* be used three or four times in a Day, or oftner, applying it with a fine warm Linnen Rag, or with your warm Fingers very gently to the affected Part, endeavouring when the Piles are inward, to get as much of the *Liniment* up as conveniently can be. *It is thus made.*

No. 10. The Intrinsic Liniment.

Take Sugar of Lead, a Dram; Ointment of Poplar Buds, an Ounce; of my Anodyne Powder, and Chymical Oil for the Piles, of each half and Ounce; mix and make a Liniment according to Art.

THIS *Intrinsic Liniment* quickly gives Ease, and mightily contributes to the Cure of both blind and bleeding Piles.

THUS the *Alterative Powder* must be constantly taken, and the *Intrinsic Liniment* be carefully used according to these Directions, till the Cure either of blind or bleeding Piles is perfectly accomplished: They will quickly give Ease, and assuredly compleat the Cure of the Piles in a short time; for the *Alterative Powder* effectually strikes at the true Cause of that Illness, and prevents the Parts being supply'd with sharp Humours, while the *Intrinsic Liniment*, after an admirable Manner eases all Pain, discusses the Tumour or Swelling of the blind Piles, and heals and perfectly cures the bleeding.

THE *Alterative Powder* agrees with the Stomach, and takes off all Feverish Heat, without disordering the Body in the least; it sometimes makes the Belly a little loose; and thereby contributes very much to the Cure; for nothing is more tormenting, to those troubled with the Piles, than to be Costive or hard bound, it putting them to intollerable pain and misery at going to Stool.

THEREFORE, if the *Alterative Powder* should not loosen the Belly, it will be necessary for the Patient, once every three or four Days, to take a Dose of my *Laxative Electuary*, prescrib'd in the second Chapter of this Book, page 14. aforegoing, taking it exactly as is there directed; minding only to omit taking the *Alterative Powder*, that Day the *Laxative Electuary* is taken.

THE Patient, during the time she is afflicted with the Piles, ought to drink freely of Water-gruel, Tea, or Posset-drink made small, and carefully abstain from strong Liquors, Spices, Salt Meats, &c. which tend to inflame and increase the Malady.

THUS these Directions being duly observed, this grievous Indisposition, which some labour under many Months, will be perfectly cured in a little time, so as not to return again.

ABOUT

ABOUT three Months ago, I was sent for to a Gentlewoman, who had been afflicted with the Piles almost continually, for some Years: She having taken very many Medicines to little or no Purpose, told me, she fear'd she should never be Cured, yet least she should be wanting to her self, hearing of my Success, was the Reason she had sent for me, and desired I would use my utmost Endeavour to free her, if possible, from her Illness; She acquainted me also, that sometimes they bled pretty much, and then she was much easier than when they only swell'd and did not; she was at that time in much Torture with them, and being of a hot Constitution, and somewhat Feverish, I order'd her immediately to be blooded, and prescrib'd my *Alterative Pouder* and *Intrinsic Liniment*; the first to be taken, and the latter to be used exactly as I have directed in this Chapter, for a Week or nine Days, at the End of which, she was very well, and better, as she affirmed, than she had been for any time in nine Months before; nevertheless, I order'd her by all Means to continue the *Alterative Pouder* for a Fortnight or three Weeks longer, without using the *Intrinsic Liniment* any more.

MY ordering her to take the *Alterative Pouder* so long, was with design to correct her Blood, and wholly subdue the Acrid Principle or Cause of that severe Malady that had so long afflicted her, which it effectually did, she having been very well ever since, and likely so to continue.

MUCH about the same time, I had another Lady under my Care, who was also sorely troubled with the Piles; her Blood was very Acrid, but she was not exceeding Feverish, yet was then in very great Pain, and a little before she sent for me, the Piles had bled very much, I therefore did not order her to be blooded, (altho' in most Persons that is highly necessary) but directed her to take my *Alterative Pouder*, and use my *Intrinsic Liniment* presently, and continue them till she was cured: In four Days time she was tollerably well, but happening to be Costive, I directed her to take a Dose of my *Laxative Electuary*, once every three or four Days, and to take the *Alterative Pouder*, as directed, on the other Days, which she did, and was perfectly cured in a Fortnights time.

I could give many more Instances of Persons cured of the Piles by these Remedies, who by Reason of their being

ing exceeding bad, and having been long afflicted with them, imagined they could never be cured; but designing brevity, I shall wave that Trouble.

WHAT I have here wrote concerning the Piles, may prove as beneficial to Men troubled with them as to Women, for the Method and Medicines I have prescribed, will certainly cure that Illness in both Sexes.

CHAP. V.

Of the Whites.

THIS Disease is the flowing of a White Humour from the Cervical Glandules, or Vessels about the Neck of the Womb.

THE Whites sometimes come away in large, and sometimes in small Quantities, are attended with Heaviness about the Loins, Pain in the small of the Back, want of Appetite, bad Digestion, Weariness, and universal Lassitude; sometimes Swelling of the Legs, pale Countenance, &c. Maids of a weakly Constitution, are often afflicted with this Malady, as well as married Women and Widows.

IF this Distemper is not timely remedied, it certainly causes incurable Barrenness, and the Blood and Juices become more and more depauperated, till a deplorable Consumption, or Dropsy, &c. ushers in Death to end the fatal Tragedy.

THERE are few Women, especially of the weaker sort, but are more or less afflicted with this Illness, it being a Distemper often attendant upon, and caused by other Diseases; and whatever Disease occasions the Blood to become poor, foul, or viscous, and reduces a Woman to a languid weakly Frame, is commonly succeeded by this Indisposition: Thus Women that are naturally of a more weak Habit or Constitution than ordinary, are more subject to the Whites than others: And as this Illness is mostly occasioned by foregoing Distempers, (tho' sometimes by violent Exercise, immoderate Venery, &c.) so it weakens the Body also more and more, till the suffering Patient being brought

brought into a hopeless Consumption, Dropsy, &c. as aforesaid, becomes a miserable Victim to Death, unless timely cured by proper Remedies, administered by a skilful Hand.

BUT the immediate Cause of the Whites, is a Weakness, Laxity or Looseness of the Cervical Glandules, or Vessels about the Neck of the Womb, whose Tone is either spoiled by the ill State of the Stomach and Blood, (depraved by other Distempers) or by some of the Accidents, immoderate Exercise, &c. before mentioned; by which Means, those Vessels cannot sufficiently retain the proper Humour separated by them from the Blood, to lubricate or moisten the Neck of the Womb, &c. but let it gleet or slide away in too large a quantity, thereby impoverishing the Juices of the Body, inevitably causing Barrenness, if not quickly cured, and bringing the whole humane Frame into a pining desperate State.

SOME Women indeed have this white Flux much more moderate than others, and not continually, but at times only, without causing any great or remarkable Prostration of Strength, till a Year, two, or more, after its first beginning to appear; but then it becomes more violent and dangerous, weakning the Body excessively, and as it were, at once, and is then much more hard to Cure; this being a known and undoubted Truth, that the longer this Flux of white Matter has afflicted the Patient, and the larger in Quantity it is, the longer time will be required, and the more difficult will it be, to accomplish the Cure; the Humours being the more habituated to flow that way, and the Tone of the Glandules or Vessels, through which they flow, being the more injured.

MANY Authors write, that if the Whites continue long, they degenerate, and become variously colour'd, as Yellow, Green, &c. and sometimes smell intollerably ill; now altho' this may sometimes happen, yet when it is met with, the Patient ought to be sure, that it does not proceed from some other Disease, that may require different Management from the Illness I here treat of; there being other Distempers attended with a Flux of Matter, that has often been mistaken for the Whites, altho' proceeding from a very different Disease.

'TIS of great Moment therefore, carefully to distinguish the Whites from other Distempers that resemble that Malady; for Numbers of Women who have met with
ill

ill Husbands, have labour'd under a Venereal Running, of a Running caused by the Foul Disease, for some Years together, still imagining it to be only the Whites: Others have mistaken a Running, occasioned by an Ulcer in the Womb for that Flux; thus it being very difficult for Women to distinguish these Distempers, and yet absolutely necessary that they should, I think it here very proper to give some Rules, by which they may assuredly know one from the other.

THE Whites may be certainly distinguished from a Venereal Running by this: That whenever the Courses come down, the Whites always cease, and do not trouble the Patient again till some Days after the Courses have done flowing; whereas a Venereal Running remains constantly upon the Patient, and does not cease during the Flux of the Terms, but continues all the time they flow, as well as immediately before and after; and is also much less in Quantity than the Whites are.

THE Whites may also be distinguished from an Ulcer in the Womb by this: That an Ulcer in the Womb, is always attended with very sharp and gnawing Pains in the Womb and its Neck, from the very beginning of the Disease; whereas in the Whites, tho' sometimes the Humour may be so sharp as to cause Smarting outwardly, yet there is no such sharp Pain felt in the inner Parts. The Matter also flowing from an Ulcer, is often sanious or bloody, which the Whites never are.

THE Cure of the Whites ought first to be endeavour'd, if Strength will admit, by cleansing the Stomach and Bowels with Catharticks, and afterwards by rectifying the Blood and Juices, strengthening the Vessels of the Womb, and restoring the weakned Body to its pristine Vigour, with Alterative, Balsamick, and Sub-astringent Medicaments.

THE Patient therefore, to prevent the distial Effects that may ensue, and entirely to Cure the Whites, if she is not exceeding weak indeed, should take a Dose, two, or three as she thinks most proper, or finds her self able to bear, of the *Purging Pills* prescrib'd in the first Chapter of this Book, page 6. aforegoing, taking them exactly as is there directed, excepting only, that instead of four *Pills*, she may take but three of them for a Dose, the first time, because Persons afflicted with the Whites, are commonly much easier to be purg'd, than those troubled with an Obstruction of the Terms.

THREE

THREE or Four of those *Purging Pills* will give four, five, or six Stools, without the least Trouble or Disorder, neither Gripping the Bowels, or making the Patient sick, but being taken every other, or every third Morning, for two or three times, as Strength will bear, will admirably cleanse the Body of foul Humours, and prepare it for other Remedies to finish the Cure.

THEREFORE, as soon as the Patient has Purged once, twice, or three times, according to her own Discretion, and as her Constitution will allow; she should the next Day begin the following *Balsamick Electuary*, taking the Quantity of a Nutmeg of it from the Point of a Knife, betimes every Morning, and at four o' Clock in the Afternoon also, not eating any thing for an Hour before or after each Dose, but drinking a Glass of Sherry, White-Lisbon, or rather bitter Wine, after it to wash it down. *The Balsamick Electuary is made thus.*

No. 11. The Balsamick Electuary.

Take Earth of Japan, and binding Saffron of Steel, of each a Dram; of the finest Dragon's Blood, two Drams; the choicest Cortex of Peru, in fine Powder, three Drams; true Armenian Bole, three Drams and an half; right Balm of Gilead, and Balsam Capivi, of each two Drams; of my Chymical Balm a sufficient Quantity, mix and make an Electuary according to Art.

THIS *Balsamick Electuary* ought to be constantly taken till the Patient is perfectly cur'd, which will soon be, provided it be taken punctually as directed; in some the Cure will be accomplished in a Fortnight or three Weeks; but in others, whose Illness is exceeding bad, it may perhaps be a Month or Six Weeks before it is quite finished; but its Sovereign Efficacy may be depended upon, for it will most certainly cure, and all Persons will from the first two or three Days, apparently find themselves mend exceedingly all the while they are taking it, which may serve as a Demonstration to them, that by continuing it for a reasonable Time, the Cure will be assuredly completed.

THEREFORE, effectually to prevent a Relapse, I advise every One who begins this *Balsamick Electuary*, not to leave

leave it off, altho' they should find themselves in Nine Days or a Fortnight pretty well cured of the Whites, but to continue taking it constantly as directed, for a Month, five, or six Weeks, which then will certainly prevent a Return of that Distemper.

IT never disorders the Body, but commonly keeps it rather loose than bound, is pleasant to take, and displays its Virtue after an admirable Manner, effectually answering (after Purging) all the Intentions of Cure; for it strengthens the Stomach and Bowels, rectifies the Blood and Juices, restores the Womb-Vessels to their pristine Order, by gently straitning and reducing them to their natural Tone; it also wonderfully corroborates the whole Body, taking away all manner of Weakness in the Back, &c. rendring the Patient lively, brisk, healthy and strong, and perfectly putting an End to that troublesome Distemper, the Whites.

WHILE the Patient is under this Course, her Food ought to be of very easy Digestion, and if she drinks a Glass of Wine at her Meals, it may not be amiss; she should observe also, to avoid eating Sallets, Greens, and all sorts of Fruit.

IF the Patient is troubled with the Headach, or is Feverish, then the Day before she takes any Medicines, it will be highly proper for her to be let Blood in the Arm, to the Quantity of about Eight Ounces.

IF she is exceeding weak and ill, before she begins these Medicines, then she must not take the *Purging Pills* before recommended, more than once or twice, or not at all, if she thinks she cannot bear Purging, but may begin to take the *Balsamick Electuary* immediately, and continue it constantly till she is perfectly well, and indeed for a Week or Fortnight afterwards; for it will thereby strengthen the Body to such a Degree, and confirm the Cure of the Whites in such a Manner, as to prevent a Relapse into the same for the future.

AS soon as the Courses, or any Sign of them approach and indeed for two or three Days before they are expected, the *Balsamick Electuary* must be left off, and not be taken again till the Terms have done flowing.

SOME Women that are very subject to be constive, may happen to be bound in their Bodies, while they are taking the *Balsamick Electuary*, (tho' it most commonly proves otherwise) in which Case, the Patient may take a Dose of

the *Laxative Electuary*, recommended in the second Chapter of this Book, Page 14. aforegoing, as is there directed, so as just to loosen her Belly, but not more, observing only, to omit taking the *Balsamick Electuary* that Day the *Laxative One* is taken.

IF the Patient troubled with the Whites, labours at the same time under any Disorder of the Courses, it will be proper for her first to get cured of that Disorder, as directed in the foregoing Chapters, before she attempts the cure of the Whites; as for Example, suppose a Woman should be afflicted with a Deficiency of the Terms, or their flowing but sparingly, &c. and with the Whites also, which frequently happens, she must then first cure her self of the Deficiency of the Courses, by taking the *Opening Powder*, &c. prescribed in the first Chapter of this Book, page 6. Exactly as there directed, and when by that Means her Terms flow regularly and well, and are of a good Colour, she may possibly find her self intirely freed from the Whites also, the Medicines taken to regulate the Courses, often curing that Disease at the same time; but if she finds her self still troubled with the Whites, then she ought to begin the Remedies prescribed in this Chapter, for the cure of them, but not before.

I could give a great many Instances of Persons cured of the Whites, by the Method and Medicines above prescribed, but shall only relate one or two Cases, the Particulars of which I believe will prove acceptable to my Readers.

I was sent for about seven Months since, to a young Gentlewoman of about Nineteen Years of Age, who for three Years before, as I was informed, had at times been troubled with this White Flux, but it not continuing constantly upon her, nor flowing violently, neither her self or Mother much minded it, till at last growing very bad, the Whites increasing in Quantity, her Legs swelling, and her whole Body becoming more and more disorder'd; they thought proper to seek for Help.

I found her in great Distress, her Back much pained, her Appetite almost lost, her Legs a little swell'd, and the Flux (by her Mother's Relation) very severe, yet she was not very feverish, therefore I did not think fit to have her blooded; but order'd her to take two Doses of my *Purg-ing Pills* before mention'd, at two Days distance from each
D other :

other: They operated very well, took down the Swelling of her Legs, and made her somewhat better; However being a little weak'ned, I did not order her to purge again, but directed her to take my *Balsamick Electuary* the next Day, as above, and continue it constantly till she was cured.

IN a very few Days the Flux was so much abated, as hardly to be perceived, the Pain in her Back was nearly gone, and she began to look brisk and recover Strength; but being always much subject to costiveness, she was a little bound in her Body. I therefore order'd her to take the Day following a Dose of my *Laxative Electuary* before mentioned, just to loosen her Bowels, and if she found any further occasion, to take a Dose of it every five Days, and the *Balsamick Electuary* constantly the other Days, which she did for a Fortnight longer, in which time she was perfectly cured, and has remained in compleat Health ever since.

NEAR six Months ago a Gentlewoman of about thirty Years of Age, sent for me and desired my Assistance, she being exceedingly afflicted with the Whites, which she had been troubled with upwards of four Years: That Illness began quickly after a Miscarriage, which had like to have proved her Death, and which was occasioned by a great Fright.

SHE told me she had taken abundance of Medicines, first by the Advice of her Midwife and an eminent Apothecary, and afterwards by the Direction of a Physician of good Note, without receiving any Benefit; and added, that she feared there was no Cure for her, but that she must dye, yet desired I would do all in my Power, and save her Life if possible, for her Children's Sake, she having three alive.

HER Case was exceeding bad indeed; she was very ill and weak, scarce able to stir, had a violent Pain in her Head and Back, no Appetite to Food, was frequently very feverish, and almost wore to a Skeleton by the great Flux of white Matter that she had so long labour'd under, nevertheless I let her know, that with the Blessing of the Almighty, I did not doubt but to restore her to Health, provided she would follow my Directions, and take the Medicines punctually, which she readily promised to do.

THIS

THIS Gentlewoman was too weak to bear Purging; therefore I forbore ordering her my *Purging Pills*; but considering the great Pain in her Head, and that she was inclined to be feverish, I directed her first to have about Eight Ounces of Blood taken from her Arm, which without weak'ning her, diverted the Humours and prevented a Fever, which might otherwise have happen'd, and the next Day, I ordered her to begin my *Balsamick Electuary*, and to continue it constantly, as directed in this Chapter.

AT the End of Five Days, I found her mightily recover'd, the Whites being 'nearly stopt, her Spirits revived, her Strength much encreas'd, the Pain in her Head and Back almost entirely gone, and her Appetite in some Measure come to her: However, she being somewhat hot and uneasy by turns, and not having been purged at first, because of her great Weakness, I advis'd her, though she was not in the least Costive, to take a Dose of my *Laxative Electuary*, once every Five or Six Days, and the *Balsamick Electuary* the other Days, as before, and to continue that Course till she was perfectly well, and for Nine or Ten Days after.

ACCORDINGLY she took my Advice, and in a Month from the Time she first began the Medicines, she left off taking them, having been well for about a Week before, and was then, and still remains in perfect Health and Strength, to the Admiration of all who knew her.

C H A P. VI.

Of the Down-falling of the Womb and Fundament.

WHAT is vulgarly call'd the Down-falling of the Womb; is in Reality no such Thing, for there can be no Inversion or Out-hanging of the Fund or Bottom of the Womb without present Death,

SOMETIMES indeed, tho' very rarely, it happens that the broad Ligaments of the Womb, which are designed to suspend, or keep it fix'd in its proper Station, are so very much relaxed through hard labour in Child Birth, the

rude Hand of an unskilful Midwife, or an excessive Flux of the Whites, &c. as to suffer the Womb to hang down so low, as that its inner Orrifice or Mouth appears just within the Privy; and some few Instances there have been of its appearing a little without it.

BUT the Disorder commonly called the Down-falling of the Womb, is only an Out-hanging of the *Vagina* or outer Neck of the Womb, and is truly the Wrinkles of the Sheath or Passage relaxed and swoln, so as to fall out and appear, somewhat like a Ball with a Hole in the Middle: It is generally very painful and troublesome, and sometimes so much inflamed, as to threaten a Gangreen.

THIS Indisposition is caused by straining or irritating the Secret Parts, by hard Labour in Child bearing, by the Hand of an unskilful Midwife, by excessive Venery, or immoderate Exercise, as hard Riding, Dancing, Leaping, carrying heavy Burdens, lifting great Weights, &c. or by a violent Flux, either of the Whites, or Courses, which often not only relaxes or loosens the *Vagina*, but also frets or irritates it so, as to cause it to become sore, swell and hang down.

THE Falling down of the Fundament, is an Out-hanging of the lower Part of the *Intestinum Rectum* or great Gut, and proceeds from great Weakness and Relaxation of its Fibres, or a Paralytick Affect or Resolution of them, and of those of its Muscles called *Levatores* and *Sphincter*, occasioned either by severe costiveness, violent straining in hard Labour, a *Diarrhea* or sharp Looseness, a *Dysentery* or Bloody-Flux, &c. It is not only troublesome but dangerous, if not quickly remedied, and oftentimes becomes the Seat of a foul Ulcer or Fistula.

IN the cure of these Illnesses, after proper Evacuations, the Medicines that we order inwardly, must be Vulnerary, Corroborating, and such as will imbue the Blood and Juices with a Balsamick Property, in order to strengthen and create an Aptness in the relaxed Fibres, and swoln Parts to recover their Tone, and retain their natural Station, when reduced or gently put up, after peculiar Emollient, discussing and moderately Astringent Fomentations have been externally applied: Rest, Ease, and lying pretty much in Bed, are also very necessary in these Cases.

IF the Patient is costive, particular Care must be had to remove that Disorder, for straining at going to Stool is

not only painful, but increases the Malady, as well that of Falling down of the Womb, as the Falling down of the Fundament.

AND as Costiveness in these Cases is detrimental on the one Hand, so a Looseness is as bad on the other; for which reason the Body should be kept in due Order, neither too Loose nor hard Bound.

IF the Part hanging down is inflamed or angry, Bleeding in the Arm will be absolutely necessary, after which, in order certainly to cure these Indispositions, the Parts affected may be bathed outwardly with the following *Sanative Fomentation*, which is of wonderful Efficacy. *It is thus made.*

No. 12. The Sanative Fomentation.

Take of Pomegranate Peel, two Drams; dried red Roses, Pomegranate Flowers, of each half an handful; Oak Bark, half an Ounce; boil them in a Quart of Spring Water, till it comes to a Pint, which then strain off, and while it is very hot, add Sugar of Lead, white Vitriol, and my healing Salt, of each one Dram; stir it about till the Salts are dissolved, and when cold, add of common Spirit of Wine, two Ounces; which mix well, and reserve the whole for use.

THIS *Sanative Fomentation* should be used thus; pour a little of it into a well glaz'd Pipkin, or other Earthen Vessel, and make it very hot over the Fire, then with a fine Flannel Cloth dip'd in it, bathe and foment therewith the Part hanging out, either of the Fundament or Womb, as warm as can be well endured, for a quarter or half an Hour together; after which, the Patient lying down, let the Part be gently put up by a tender Hand, and be kept in its Place by applying close to it, a Bolster of fine Flannel two or three double, first dip'd in the hot Fomentation and wrung out, and then a Truss, string-Cloth, or convenient Bands of Linnen, minding to bathe those Parts two or three times every Day, for five or six Days together, and applying the like Bandage in the same manner, altho' the Part does not fall out again.

BY the use of this Fomentation alone, without taking Medicines inwardly, the Falling down of the Womb, as it

is vulgarly called, will most commonly be cured; but when it has continued a considerable time, and after putting up, is apt to fall down again upon every little occasion, as in some Women it will, even upon walking cross a Room only, and the Patient is of a weakly, cachectick Habit; it will then be proper for her to take the *Corroborating Electuary* prescribed in the first Chapter of this Book page 8. foregoing, as is there directed; first Purging gently, and for once only, with three or four of the *Purging Pills* in that Chapter also prescribed, if Strength and other Circumstances will admit of it, but not otherwise.

AND so let her continue the *Corroborating Electuary*, for three Weeks or a Month together: Or else after taking it for about a Week or nine Days, she may omit that, and take the *Balsamick Electuary* prescribed for the Whites in the foregoing Chapter, page 31. exactly as is there directed for about another Week, and then omitting that, take the *Corroborating Electuary* again; and so continue the *Balsamick Electuary* one Week, and the *Corroborating Electuary* another, for a Month or six Weeks together; by which means her Strength will be regained, her Blood and Juices rectified, and her Courses, which in these Cases are commonly deficient, be promoted and brought into regular Order: And at the same time let her besure to continue the use of the *Sanative Fomentation*, as above directed.

AND if she finds it very difficult to keep the *Vagina* from falling down again, after it has been reduced or gently put up in its proper Place, it may then be necessary for her to roll up a Piece of fine Flannel, very hard in the Form of what is called a *Pessary*, or of the shape and about the length and thickness of Ones Fore-finger, making it bigger or lesser in every Respect, as may be found most needful and convenient, which being first dip'd in the warm *Sanative Fomentation*, and then gently put up the Privy, and kept in with the Flannel Bolster and String-Cloth before directed, and taken out, and renewed in like manner, every time the *Sanative Fomentation* is used, with together with Rest, Ease, and taking the *Corroborating Electuary* and *Balsamick Electuary* inwardly as above directed, soon accomplish the Cure, either of the Down-falling of the swell'd *Vagina* or outer Neck of the Womb, or the too low hanging of the Womb it self,

IN the Down-falling of the Fundament, if the Part hanging out is swell'd, as sometimes it is, it must then be bath'd and fomented the more with the *Sanative Fomentation*, till the swelling abates; and then by a very tender Hand, gentle Endeavours must be used to get it up in its proper Place, and as soon as it is reduced or got up, a Flannel Cloth once or twice double, first dip'd in the hot *Sanative Fomentation*, and wrung out, must be apply'd close to the Fundament, and another dry one upon that, and both be kept tight to it, either by a String-Cloth or other Linnen Bandage as above mentioned. And this Bathing and Fomenting ought to be repeated twice or thrice a Day for five or six Days at least, altho' the Part does not fall out again, as aforesaid, and especially every time the Patient goes to Stool; at which time also, care must be taken not to strain much, nor to sit upon the Stool too long, lest the Gut should be again forced down.

AND as the Falling down of the Fundament, is most commonly occasioned by great Weakness, it will be likewise very necessary for the Patient, besides bathing and fomenting the Part affected, with the *Sanative Fomentation*, to take at the same time the *Balsamick Electuary* above recommended, exactly as directed Page 31. in the foregoing Chapter of the *Whites*; which *Balsamick Electuary* will wonderfully strengthen the whole Body, as well as the weak'ned Parts, whilst the *Sanative Fomentation* used outwardly, will abate the Swelling, heal all Soreness, cause the relaxed Fibres to regain their Tone, and keep the *Intestinum Rectum* or Great Gut, in its Natural Situation.

AND if the Patient should be costive, and the *Balsamick Electuary* should not cause moderately loose Stools, as it sometimes will, then the *Laxative Electuary* prescribed in the second Chapter, Page 14. aforesaid, should be taken as is there directed, in a Morning Fasting, every fourth or fifth Day, as the Patient finds needful; taking such a Dose of it as will just occasion a Stool or two somewhat loose, but be sure not more, minding only to omit the *Balsamick Electuary*, that Day the *Laxative One* is taken.

IT will be convenient also for those troubled with the Down-falling of the Womb, if they are costive, to take the *Laxative Electuary* in like manner.

THUS these Directions being punctually followed, the Falling down of the Womb, (as it is vulgarly called) and

also of the Fundament, will be certainly and effectually cured, if they proceed from Weakness only, as most commonly they do, occasioned by former Illness; but if they should be accompanied with an immoderate Flux of the Courses, or of the Whites, then regard must be also had to those Indispositions, and their cure must be endeavoured, as I have already directed under their proper Heads or Chapters.

AND if the Falling down of the Fundament, &c. should be attended with a *Dysentery* or Bloody Flux, or a *Diarrhaea* or sharp Looseness, then great care must be taken to cure those Distempers by Bleeding, gentle Purging with Lenients, taking Absorbents, Anodynes, and other proper Remedies as the Case may particularly require, according to the Judgment of a Skilful Physician.

F I N I S.

Practical Discourse On BARRENNES:

DIRECTING

How it may be certainly Cured, and those Women be render'd Fruitful, who have been deem'd incurably *Barren* for many Years; with a clear and very particular Account of Conception and Generation.

ALSO

Of IMPOTENCY and INFERTILITY in MEN;

WITH

Directions for their perfect Cure.

LIKEWISE

Of MISCARRIAGE in WOMEN;

AND

How it may be assuredly prevented, even in those who have Miscarried Nine or Ten times before,

The P R E F A C E.

AS being the Mother of Children is the highest Honour, and most exalted State of Satisfaction that the Fair Sex can attain to, in a married Life; so on the contrary Barrenness, of all other Misfortunes is by much the greatest, producing the most severe Affliction that can attend a Family, and causing the deepest secret Grief in a Woman that is possible to be imagined: What Discord? What Differences are bred in many of the best Families for want of Children to crown the earnest Desires of married Persons? And what
Re-

Reproaches and melancholy Reflections that want often occasions, with the dismal Disorders that from thence frequently arise, may be easily conceived by Judicious Persons, who will give themselves Liberty to consider how great the Sorrow of that Woman must be, who knows, that could she have Children, she should be absolutely happy in a married State, when for want of them, she is perhaps treated with Ignomy and Contempt, and made the most unfortunate of her Sex.

THIS being true, it naturally follows, that nothing is more necessary than to treat of, and faithfully discover the Causes and Cure of Barrenness in Women, when it is done with a real Intent of being serviceable to the World, in rendering such a considerable Number of the Fair Sex fruitful and happy, who with the last degree of Sorrow, now labour under the ingrateful Imputation of being Barren.

AND the more useful will it still appear, when we consider that the Natural Excellent Modesty of our Women, restrains them from openly seeking for a Cure of that unfortunate Circumstance, which by means of the plain modest Account given in the first Chapter of this Practical Discourse, may be secretly remedied by themselves without the Knowledge of others.

IN respect to what regards the Male Sex, or their Impotency, Infertility, or in general their Incapacity of Propagating their Species, it is most certain, that during the Heat and first Sallies of Youth, Men are so intent on their Passions, and their Thoughts so much employ'd on the gratifying them, that many of them think or care little of the End of Marriage, or of having Issue; but when Reason gets the better of their Passions, and a few Years have ripen'd their Judgments, they then consider that there is no way of becoming Immortal in this World, or at least of perpetuating themselves to the End of Time, but by being renewed in their Children, to whom only they can leave their Possessions with real Satisfaction.

AND this is the reason, that almost all Men, howsoever regardless they may be of having Children in their Spring

of Life, yet about the Meridian of their Days, are very desirous of transmitting themselves as well as their Acquirements to Posterity, and wish for nothing so much as lawful Issue.

SOME few indeed there are, who considering the many grievous Fatigues, even the happiest of Mankind must of Necessity undergo in this World, think the Pleasures of Life at best, come very short of a Balance for the innumerable Toils, Dangers, and Sorrows, which every One is doom'd more or less to meet with, on this side the Grave; and therefore are rather content their Families should be extinct, than desirous of having Children, who must necessarily know so much Misery as is naturally interwoven with the Thread of Life.

HOW far those who give in to such a way of Thinking, are right or wrong, I shall leave others to determine; but presume every One will allow there are but very few who entertain such Notions, in respect to the Generality of Mankind, who for the most Part are at One time or other, very desirous and fond of seeing themselves revive in their Offspring; and certain it is, that by much the greatest Part of those who have no Children, are very Anxious for want of them.

THIS sufficiently shows the usefulness of the second Chapter of this Practical Discourse, wherein those who lie under any manifest Imbecility, so as to be incapable of Propagating their Species, will find full Directions for their Cure; as such also may, who happen to be Infertile by means of some unapparent Cause, as abundance are, through fast Living and other Accidents, tho' not appriz'd of it themselves, but think their not having Children proceeds from some Fault on the Female side, when at the same Time it lies on their Own, as in that Chapter is fully set forth.

IN the Second Chapter also, I have occasionally touch'd on the Nature and Cause of a simple seminal Gleet in Men, which is acknowledge by all the Learned to be so difficult and hard to Cure, as that it seldom gives Way to Medicine, or scarcely ever is intirely remedied; which yet, may be assuredly Cured, and the Patient be perfectly freed from it, by strictly following the Directions I have there given. AND

AND as a Woman's Conceiving, without being able to retain the Fruit of her Womb for the whole Nine Months, the Great Author of our Being has appointed for a regular Birth, is attended with abundance of Sorrow, and a great deal of Danger, the third and last Chapter treating of Miscarriage, and how to prevent it, will I doubt not prove as acceptable, as it is really necessary.

AND to make this last Chapter the more serviceable, I have by the Way given some useful tho' short Directions in it, concerning a difficult or hard Labour in Child Birth, and how to cause a Safe and easy Delivery; I have directed also how to remedy, or effectually take off the severe After-Pains, that many Child-bed Women are most miserably afflicted with, and which often prove exceedingly dangerous to them: And concerning the Lochia or Child-bed Purgations, I have shewn how they may be regulated; that is promoted if they are too sparing or deficient, and restrain'd if they are excessive or flow too much.

SO that in this Practical Discourse of BARRENNESS, &c. and the foregoing Treatise intituled the Ladies Physical Directory, are comprised all the necessary Instructions, for the Cure of every Secret weakness and Indisposition, the fair Sex are peculiarly Subject to, from their Youth upwards throughout the whole Course of their Lives; by the due Observance of which, and punctually following the Directions given, they may be soon freed from Illness, and may preserve themselves in Health and Strength, the greatest Blessings in this Life, and the married Part of them, become the happy Mothers of a numerous and healthful Off-spring.

I cannot conclude this Preface without taking Notice, as I have already done in that to the former Treatise, of the uneasiness I have been frequently under, at the being oblig'd to write so plainly of Women's private Indispositions, as was truly requisite in order to make them be perfectly understood; the necessity of treating of Impotency and Infertility in the Male Sex, in so plain a manner also, gave me no less Concern; but as it was impossible to do otherwise, without making the Book unintelligible and useless, to those who stand in most need of Assistance from it, I hope I shall be very far from being thought blameable in that Respect.

A

Practical Discourse

On BARRENNESS, &c.

C H A P. I.

Of *Barrenness* in Women.

IN Discoursing of *Barrenness*, it will be readily understood that I mean to treat only of the Cause and Cure of it in Women of suitable Years; and not in those who are either too old, or too young; in the former, when their Terms have left them Conception is impossible, and the latter must contentedly wait, till Age has ripen'd and made them capable of Child-bearing, for many Examples of the Fair Sex there are, who having been Married very young, Conceived not till they were Nineteen, Twenty or Twenty two or three Years of Age or more, and then became very Fruitful; and of some few others who Marrying betimes, have had Children at Fourteen or Fifteen: Such a remarkable and manifest Difference there is, in the Nature and Ripeness of the Female Sex. This being premised.

I shall first shew the several Causes of *Barrenness*, and here by the way I cannot pass by, what with Concern I have often observed, *viz.* That many likely Women have been deemed incurably *Barren*, lived uncomfortably many Years, and at last gone out of the World without bearing Children, for want only of those to whom they have apply'd, having a true Knowledge of the seemingly unaccountable Cause, which in all probability might have been easily removed by a proper Method and fit Medicines, and the
Women

Women have been rendered as capable of having Children as any whatever; but to proceed.

THE Causes of *Barrenness* are many, as the visible ill Structure or Formation of the Parts, exceeding Fatness, Schirrous Tumours or Swellings in the Neck of the Womb, Ulcers, &c. in all which Cases there cannot be a regular Admission of the Male *Semen*, so that it is impossible a Conception should happen; but as these Causes are seldom seen, and as rarely Cured, I shall not enlarge upon them. Other Causes of *Barrenness* are,

I. THE Deficiency of the Monthly Terms, and then the Natural Sparkling Briskness of the Blood and Juices is wanting, the lively desirous Faculty is spoiled, neither is the Womb fit to receive the Spirituous *Effluvia* of the Masculine *Semen*, that a Conception might follow.

II. THE immoderate Flux of the Courses, which impoverishes the Fluids, weakens the whole Body, and thereby incapacitates a Woman to Conceive.

III. THE Whites, Slipperiness, or over Moistness of the Womb, which weaken it and its Vessels, plainly prevent Conception, by condensing or drowning, as it were, the Vital Spirits of the Male *Semen*, and by that means cause *Sterility*.

IV. THE Swelling of the *Vagina* or outer Neck of the Womb, so as to hang out of the Body, vulgarly called the Down-falling of the Womb, which then hinders Coition.

BUT there are yet other Causes of *Barrenness* that are not visible, the Women being in perfect Health, Young, Brisk, Jolly, and as likely to have Children to all Appearance, and as they themselves believe, as any in the World, and by reason the Causes of *Sterility* in such Women do not immediately appear, they are by many called occult or unknown, and indeed are so to them; but to an Ingenious Physician, who makes the Animal Oeconomy his Study, is expert in Anatomy, and who carefully searches into the Abstruse Principles and Causes of Things, to such, these pretended occult Causes are well known, easily accounted for, and quickly removed, and which I shall endeavour to unfold.

BUT first it will be necessary, in order to explain and fully lay open what may otherwise appear intricate to Women and others in treating of these Causes, to shew the

all appearance, as any Women whatever; now this also must be attributed either to the Obstruction of the Womb-Trumpets, or to some Imperfection of the *Ova* or Eggs in the *Ovaria* as before taught; So that whenever these Indispositions are remedied, either by Medicines, or through length of Time, or some accidental Change in their way of Living, such as Residing in a better, or even a different Air, or after a different Manner than they did before, they presently conceive again: And thus it happens that some of the Fair Sex are five, six, seven or more Years between each Child.

THUS having shewn the Causes of *Barrenness*, or want of Conception, as well those that are deemed occult, or unknown, as those that are obvious to Midwives and Women themselves, I shall in the next Place point out the true and direct method of Cure.

FIRST then, if Conception be hindered by Diseases, as the Deficiency or want of the Courses, Immoderate flowing of the Terms, the Whites, Slipperiness of the Womb, Out-hanging or Bearing-down of the swell'd *Vagina*, &c. then recourse must be immediately had to the Method and Medicines appointed for their Cure, under their proper Heads or Chapters in the foregoing Treatise, intitled *The Ladies Physical Directory*; and when the Patient is thereby brought into good Order, has her Courses regularly, and her Body is in an apparent healthy State, then, if she does not quickly Conceive, must be administered proper Uterine Medicines, Cordial and Strengthening, and which have a peculiar Faculty to prepare, fortify and invigorate the Parts appropriated to Generation, and cause a Woman to become Prolifick, of which Nature are the Medicaments I shall by and by prescribe.

NOW when *Barrenness* proceeds from Obstruction or Stoppage of the Womb Trumpets, or from the Faultiness of the *Ova* or Eggs in the *Ovaria*, (which Causes do not appear otherwise than in their Effect) or from Deficiency or want of necessary Amorous Desire, then, and in all these Cases, Endeavours must be used to attenuate the Blood and Juices, rouse and encrease the Animal Spirits, cause them to act with Ardour, to enliven the whole Humane Frame, and create Mirth, and particularly to rectify all Disorders of the Genital Parts, by such Salubrious Medicines, as are specified to open Obstructions of the

Womb Trumpets, and at the same time adapted to comfort and strengthen the whole Body, nourish, increase and fill the *Ova* or Eggs in the *Ovaria*, make them apt and ready to be foecundated or impregnated and also to correct and drive away the Saturnine Habit, and all superfluous, cold, moist Humours, that deaden Desire to Matrimonial Rites, and thereby destroy even the very intent of that Divine Institution, such Medicines I say must be prescribed, as will replenish the Blood and Juices, and revive an Inclination to *Coition* that it may not be burdensome, as it is to some Women, but suitably agreeable, that thereby happy Issue may be the Consequence.

AND for this Purpose, Authors have prescribed as great a Variety of Remedies, as for any other Indisposition or in any other Case, for which Medicine is used; some mightily extolling this Prescription, and others giving large Encumiums on others; but of all the Prescriptions and Medicines that I have ever seen or my self prescribed, there are none that can compare with the following, which I have largely experienced to be truly effectual for the Cure of *Barrenness*, and in promoting Conception, and which will do more in that respect in a few Days, than most other Remedies can perform in as many Weeks, if they are but taken punctually according to the Directions: And those Medicines are my *Prolifick Elixir*, and *Powerful Confect*, which are both of 'em endued with such extraordinary Properties, that in most Persons either of e'm being taken alone, will have the desired Effect; but being taken together as presently to be directed, will humanely speaking never fail of being attended with all the wish'd for success imaginable. *The Prolifick Elixir is thus made.*

No. 13. The Prolifick Elixir.

TAKE the very best *Succotrina Aloes* and fine *Myrrh* in Pouder, of each six Drams; best *Russia Castor* in Pouder, and choice English *Saffron* well pickt, of each three Drams; Chymical Powers of *Sage*, *Baum*, *Clary*, *Comfrey*, *Eringo*, and *Amber*, of each two Drams; of *Tartariz'd Spirit of Wine*, half a Pint; mix the Chymical Powers and Spirit of Wine first, which then pour upon the other Ingredients, and digest them in a Sand heat for ten Days, or till a very deep, strong Elixir is obtained; which, after it is well

well settled, decant from the Faces, and add to it, my Essence of Mars, and Chymical Prolifick Oil, of each two Ounces; mix them very well by shaking, and keep the whole close stoppt for use.

OF this *Prolifick Elixir* the Patient should take twenty five, or thirty Drops (first shaking the Vial) every Morning Fasting, and at Five a Clock every Afternoon also, in a small Glass of White Wine, not eating any thing for about an Hour before or after each Dose.

AND whilst she is taking the *Prolifick Elixir*, let her also take the Quantity of a Walnut of the following *Powerful Confect*, an Hour before Dinner every Day, and likewise every Night going to Bed, drinking with each Dose of it, a Glass of true Canary, good Sherry, right Frontinac, Muscadine, or other choice generous Wine, observing only not to eat any thing for an hour or more before or after taking it.

AND thus let the *Prolifick Elixir* and *Powerful Confect*, be taken constantly, for three Weeks, a Month or longer, according to the Patients own Discretion; and they will assuredly open any Obstruction or Stoppage of the Womb Trumpets, fit and prepare the Ova or Eggs for Impregnation, rectify the Blood and Juices, correct all vicious Properties of them, and certainly incline and dispose the Patient to Conceive and become Fruitful; for they increase the Spirits, revive, Exhilarate, and Strengthen the whole Humane Frame to admiration, make the Ova or Eggs in the Ovaria full, ripe, and apt to be fecundated, dilate or widen the Womb Trumpets, Warm, Comfort and stir up the Generative Powers to admiration, and thereby absolutely remove all Natural Causes of Barrenness, and exceedingly promote Conception. The *Powerful Confect* is thus made.

No, 14. The Powerful Confect.

Take of the best treble refin'd Loaf-Sugar, six Ounces; the best Damask Rose-water, four Ounces; Juice of Kermes Berries, twelve Ounces; boil them to the Consistence of a thick Syrup, and then add of the choicest Malaga Wine, three Ounces and half; Syrup of candied Ginger, fifteen Ounces; mix them well together and then stir in the following Ingredients.

Ingredients first reduced into fine Pouders and Pulps as they severally require, viz. Mace, Nutmegs, Cardamums, Seeds of Nettles, Grains of Paradise, of each a Dram; Benjamin, Long and Black Pepper, Galangals, Cloves, Seeds of Ash, of each a Dram and half; fine English Saffron, two Drams, Xyloaloes two Drams and half; Cinnamon, three Drams and half; candied Ginger, Eringo candied, Pulp of Dates, Pine and Pistach-Nuts, Sweet Almonds, of each half an Ounce; Satyrion Root fresh gathered, two Ounces; Musk, a Scruple; Ambergrease (dissolv'd in some Drops of Oil of Cinnamon) two Scruples. Incorporate all very well together according to Art, and then add of Powers of Vipers, an Ounce, of my Stimulating Essence, half an Ounce; and make a Confect according to Art, which may be kept in Pots of about three Ounces each.

THIS Powerful Confect and also the Prolifick Elixir are both of 'em very pleasant to the Palate, and are certainly the most effectual Medicines for *Barrenness* that ever were made in the World, and may be taken for two Months together, or longer if need be. Or the Patient after taking them both together for a few Weeks, may if she pleases then begin to take them Alternately, or only one at a time, that is the *Prolifick Elixir* in the manner directed one Week, and the *Powerful Confect* in the Dose and at the times already advised another Week; and so continue them for a Month, six Weeks or longer as she judges proper, or till the End is answered.

BUT if the Patient should happen to be of such an exceeding cold Constitution, that notwithstanding her taking these choice Medicaments for some time, she should still find an Inappetency, or want of Inclination to Conjugal Injoyment (which will not happen to one in an Hundred) then it may be convenient for her, besides continuing the Medicines as above advised, just to anoint now and then the Secret Parts, with a very little of the following *Stimulating Balm*, either by means of a Feather dipt into it, or otherwise as she pleases; which *Stimulating Balm*, being discretionally used now and then outwardly, will attract the Blood and Spirits to the genital Parts, and inspire the Mind with chearful and warm Inclinations, and together with the other Remedies constantly taken inwardly, will in all Humane Probability assuredly have the desired Effect, and pro-

promote Conception in an extraordinary manner. *The Stimulating Balm is made thus,*

No. 15. The Stimulating Balm.

Take Adeps Rosarum, and Essence of Lemon-Time, of each half a Dram; Essence of Orange-Flowers, two Drams; Essence of Cloves, three Drams; Essence of Lemons, six Drams and a half; Oil of Jessamine, five Ounces; and of my Provocative Chymical Powers, one Ounce; first mix the Adeps Rosarum, the Essences, and my Chymical Powers, and then add the Oil of Jessamine, and make a Stimulating Balm; which, if done according to Art, will be very Odoriferous, and finely Transparent.

THIS *Stimulating Balm* is not Nauseous to use, but has a pleasant fragrant Scent, and proves excellently serviceable.

IF by using it much, the Parts should at any time be over-heated, so as to cause any uneasiness, then presently wash and bathe them for a Quarter of an Hour together with warm Milk and Water, and the Heat or Uneasiness will be immediately taken off.

IN respect to Diet, the Patient should take Care in general, that her Food is very nourishing and strengthening, and such only as is of very easy Digestion, avoiding always such as is hard and apt to lie heavy on the Stomach: Of Flesh Meat, Mutton, Lamb, Veal, Kid and Venison are to be preferr'd: Of Fowl, large Cock-Chickens, Ducklings, Turkey-Pouts, Pheasants, Partridge, Woodcocks, Quails and Orterlands are best esteem'd: And of Fish, fresh Cod, Cod's Head with Oyster Sauce, Turbut, Carp, Trout, Soals, fresh Salmon, Sturgeon, &c. but above all Shell-Fish, such as Lobsters and Cray-fish in the Summer, and choice fresh Oysters full of Liquor, in the Winter, are of extraordinary Efficacy in an Evening: Of other Eatables New laid Eggs, Cavear, Gravy-Soop, &c. may be of service, provided they agree with the Stomach and digest well; for this ought ever to be observed, that the Food which is found by Experience to agree well with the Stomach and digest quickly, without occasioning Heaviness, Drowsiness, or any Trouble or Uneasiness afterwards, is always the best, affords the most Nutriment, and generates the greatest Quantity of Animal Spirits.

AND this leads me to advise every One to eat their Meals regularly, and before neither to fast too long between them, nor to eat too much at them, or of many Dishes at a Time; a moderate Meal, more especially for Supper, (which ought always to be very light) soon digests, replenishes the Blood and Juices with nutritive Parts, increases the Spirits, and apparently invigorates the whole Humane System; whereas a large Meal over-powers the digestive Faculty, lays a Clog upon all the Wheels and Springs of the Animal Machine, and in little more than half an Hour, induces Heaviness, Sleepiness and Inactivity, the certain Signs of having eaten too much; whence often proceeds Indigestion, Wind, Cholick, Gripes, and such like Disorders, and instead of enriching the Fluids, invigorating the Solids, and increasing the Spirits, becomes rather a load upon them, retarding their Operations, and preventing the due Exertion of the Animal Faculties.

LET your Food therefore be nourishing and easy of Digestion, your Meals regular as to Time, and before not too large; your Suppers particularly be small, and eaten an Hour at least before going to Bed: As to Wine, a Glass or two to procure Mirth and raise the Spirits may be very proper, but too much, instead of raising, will dissipate and in some Degree extinguish the Spirits, and enervate the Animal Powers; and thus much may suffice concerning Diet.

IN regard to the manner of Living in other Respects, I would advise every one to go to Bed tolerably Early, at least an Hour or two before Midnight; nothing is found more to destroy the Spirits, and weaken the whole Habit, than sitting up late at Night, unless it is lying in Bed unreasonably long in a Morning, or rather Forenoon, which is equally detrimental; for other Things, chearful Company, so as almost always to keep up good Humour and Pleasantness, is of Advantage: The Country Air and travelling in it also, in the Summer Time especially, and constant moderate Exercise, as well in the Town as in the Country, is very necessary; little Absences of Women now and then from their Husbands likewise, may not be amiss, since they are found to heighten and increase Endearment on both Sides.

AND therefore the Air and Waters of *Tunbridge*, and those of the *Bath* also, at their proper Seasons, together with

with the Mirth and good Humour that reigns at those celebrated Places, have proved very efficacious in the Cure of *Barrenness*, and in promoting Conception: And if besides drinking those mineral Waters, and Bathing also in the latter, the *Prolifick Elixir* and *Powerful Confect* are likewise taken twice every Day as I have directed, for the whole Time they are drinking them, more may be expected than can be well expressed.

AND indeed the *Powerful Confect*, together with the *Prolifick Elixir*, are so replete with Energy and Power for the Purposes for which they were adapted, that being only taken as I have already advised, without any of the Assistances I have mentioned, of the Country Air, *Tunbridge* or the *Bath* Waters, the End will not fail humanely speaking of being answered, or of happy Conception being occasioned.

AND now having directed to the most proper Method, and effectual Medicines for the cure of *Barrenness* in the Female Sex; I shall conclude with advising all Women, who desire to be the honourable Mothers of Children, not to incline to the use of Venery too often; for that not only prevents a future Conception, and occasions *Sterility* or *Barrenness*; but oftentimes undoes what has been before done, and destroys a former Conception quickly after it has taken Place, by causing it to slip away insensibly, and which otherwise might have gone on, or proceeded with happy Success.

BY the due Observation of this last Particular, and punctually taking the Medicines advised, and following the Rules directed, none of the fair Sex whatever, altho' they never had a Child, any more than those who having had a Miscarriage, or perhaps one Child, have yet been without any for many Years together, need despair of Conceiving, and having hopeful Issue, let their Age be what it will, provided they are in perfect Health and have their Courses regularly; for a Woman can never be deem'd too old to bear Children, so long as they continue to flow Monthly and in good Order, altho' she is Fifty Years of Age or more; but upon having recourse to the Medicines recommended, and strictly regarding the Advice given, may with all the Reason in the World, expect a Child to crown her ardent Wishes.

WHILE I was writing this Chapter, a Gentleman came to return me Thanks and Gratify me for the Service I had done his Lady. The Case was this: About six Months ago he acquainted me, that he had been married to a brisk handsome young Woman for above five Years, without having any Children, or her being once with Child, which occasion'd great Sorrow to them both, and sometimes Contention between them, the Gentleman alledging that it was not his Fault, and the Lady being as Confident, which from all outward Appearance she might, that it was not hers: After he had inform'd me of the whole Matter, I concluded that her not Conceiving, was occasioned by Obstruction or narrowness of the Womb Trumpets, and therefore directed my *Prolifick Elixir* and *Powerful Confect* to be taken for a Fortnight or three Weeks constantly, as I have order'd in this Chapter, which he perswaded her to, and she conceived quickly after, being now to her great Joy as well as her Husband's, above four Months gone with Child.

ANOTHER Gentleman (near three Quarters of a Year since) let me know, that he had been Married near seven Years without having Children, and that his Wife being of a cold Constitution, he believed that was the Cause of her not Conceiving, which being my Opinion also, I order'd her my *Prolifick Elixir* and *Powerful Confect* to be taken for a Fortnight together or more, as I have directed in this Chapter, which she readily comply'd with, and without using my *Stimulating Balm*, they had such Effect, that she quickly Conceived, and is now near the Time of her Delivery.

I could here insert Cases of abundance of Women that I have had under my Care for the Cure of Barrenness, and who by the very Method and Medicines above prescrib'd, have quickly conceived and become fruitful; but as this Chapter has swell'd beyond my first Intention, I shall save my Readers the trouble of Reading, and my self that of Writing any farther on this Head.

C H A P. II.

Of *Impotency* and *Infertility* in Men, &c.

I Am now to Discourse of *Impotency*, and *Infertility* in the Male Sex; but that I may not give Offence to the modest Reader, I shall forbear Entering into too long a Detail of their many Causes, particular Effects, &c. but contenting my self with touching lightly, and in as modest a manner as possible on the most material, shall proceed to direct to the best Method and most effectual Medicines requisite for their Cure.

AND here I do not mean to treat of the Cure of *Imbecility* or Weakness, occasioned by any manifest Disease, such as a Consumption of the whole Body, or other Illness, Tumours or other Diseases of the Testicles, under which a Patient may labour; but in such only, who from some Defect in the *Semen*, *Imbecility* of the Genital Parts, or Weakness and Disorder of the Spermatick Vessels, find themselves incapable of Propogating their Species, altho' in other respects in a reasonable state of Health.

ABSOLUTE *Impotency* or a Total Incapacity of Fruition, is manifest of it self and needs no Description; but this much seldomer happens than a languid or faint Capacity or Endeavour to Propagate the Species, which may be justly called *Insufficiency*, and proves equally as ineffectual as the foregoing.

AND this as well as the former is occasioned either by a defect in the *Semen*, in respect to its Quantity or Quality, or Weakness of the Seminal Vessels, or else through Deficiency of the Animal Spirits, or their ceasing to flow in such abundance to the particular Muscles, and other Parts administering to Generation, as is necessary.

WHEN the *Semen* is seperated from the Blood by the *Vasa Preparantia* to be farther elaborated in the *Testes*, and is from thence brought by the *Vasa Deferentia* to the *Vesicula Seminales* in due Quantity, by its Volatile Pungency it agreeably stimulates and rittilates all the Parts appropriated to the Continuation of Mankind, makes them turgid and occasions amorous Thoughts and Desires in the Mind;

Mind; but when through Badness of the Blood, its sluggish Circulation, or almost Spiritless Condition, there is but little *Semen* separated by these Vessels, the quite Contrary happens; and is sometimes the occasion of *Impotency* and often of *Insufficiency*.

AUTHORS say the *Semen* is defective in Quality, either when it is of too thick a Consistence, or too thin; but in my Opinion the latter is much more likely to be faulty than the former, and often proceeds from a Laxity of the Seminal Vessels, occasioned by strains, inordinate Coition, severe Purging for Venereal Injuries, or other Accidents, whence frequently insues a *Gleet* or constant Oozing of immature *Semen*. This constant Oozing of perfectly clear and white seminal Liquor, is call'd a *simple Gleet*, to distinguish it from the Oozing or Running of an impure Matter of a yellow or greenish Colour, that is the effect of foul Embraces, or Consequence of the Venereal Infection.

A *simple Gleet* enervates the whole Man exceedingly, and is especially attended with great Weakness and oftentimes excessive Pain in the Back, a Sense of Heaviness and Pain in the Testicles, and besides wholly incapacitating him for Procreation, commonly terminates in that kind of Consumption which by Physical Writers is called a *Tabes Dorsalis*.

WHOEVER therefore is troubled with a *simple Gleet*, must not expect to be able to Propagate his Species, nor should he attempt it, or take any Medicines that are deemed Seed-breeders, or any Provocatives whatever, till such time as he is perfectly freed from that Indisposition, which all Authors allow is very difficult to Cure.

BUT the only Effectual Method and Medicines for that Purpose, are those which are prescribed and directed, for the Cure of the Whites in Women, under its proper Head or Chapter, in the foregoing Treatise, or *Ladies Physical Directory*, and which being constantly taken and duly follow'd in every respect, for a reasonable Time, as is there advised, will not fail of Curing a *simple Gleet* in Men, as surely and as perfectly as they will the Whites in Women.

BUT the *Semen*, may be render'd too thin or watery, and thereby be wholly incapable of producing a Conception in Women, without such Disorder or Laxity of the Seminal Vessels or a *simple Gleet* happening, and that by excessive Venery only; and in this Case, the Excess mentioned

tioned should by all means be avoided, and Coition be but moderately and much seldomer used for the future, by such as desire Issue; by which forbearance the *Semen* will soon become of a good and proper Texture again, even with but little and sometimes without any help from Medicine.

SOME Men also, through a relax'd State and Weakness of the Seminal Vessels, are incapacitated for Procreation, by shedding their *Semen* almost as soon as they entertain any amorous Thoughts, or have any Inclination to Coition, and by that means only, are absolutely hinder'd from Fruition, and of Course from Propagating their Species, which they can never be able to do, till the springy Tone of the Seminal Vessels is regain'd, and their Strength and retentive Faculties in a proper degree restored; but this Weakness, as well as an over hasty Ejaculation of the *Semen* that some Persons are troubled with, so as to prevent their having Issue, may be certainly and speedily Cured by the same Method and Medicines I have just now advised for the Cure of a *simple Gleet*, namely those that are directed for the Cure of the Whites in Women.

THE next Cause of *Insufficiency* I am to mention, is the defect of the Animal Spirits, or their not flowing in such an abundance to the virile Parts, and their proper Muscles as is requisite; and this sometimes happens altho' there is no Defect in the *Semen* it self, either as to Quantity or Quality.

THE Nerves supplying those Parts, particularly the Muscles call'd *Erectores Penis*, also the *Acceleratores*, *Transversales*, and those named *Cremaster* with Animal Spirits, may also chance to be Obstructed either wholly, or in part, so as sometimes to affect these Muscles, some or all of them, with a *Paralysis*, and either totally or partially disable them from acting or contracting as is requisite for Coition; whence absolute *Impotency* in the first Case, or its next Degree *Insufficiency* in the last, may insue.

UNDER this Head of Deficiency of the Animal Spirits, it may be proper to mention that there are some Men, who are every way qualified to Propagate their Species, except only that through some peculiar Coldness in their Constitution, they want that Inclination to Venery, that others for the most Part are too much prone to; for tho' generally speaking Men rather want a Bridle to Restrain, than

than a Spur to Quicken them in their Addresses that Way, yet sometimes tho' rarely it happens, that such as are naturally of a Cold Flegmatick Habit, to speak after the manner of the Ancients, want only a *Stimulus* to increase their Amorous Inclinations, rouse their Spirits, and direct or attract them to the proper Parts, so as to enable them to Propagate their Species.

BUT besides these manifest Causes of *Impotency* and *Infertility*, there is another; I do not mean of *Insufficiency* in respect of Fruition, but of Incapacity of a Mans Impregnating the Female *Ova* so as to cause Conception, that remains still to be taken Notice of; and this by reason of its not being apparent otherwise than in its Effect, may in the common Phrase be called occult or unknown; for it sometimes happens that Men who to all appearance, and in their own Judgment also, are as capable of begetting Children as any Persons whatever, are yet in reallity not so; and their having no Issue have been often deem'd the Womens Fault, when in truth it has lain wholly on the Men's side: And in this Case many times there is neither wanting Health, Vigour, or Inclination to Coition, neither is the *Semen* apparently defective either in Quantity or Quality; Yet by reason of a certain Effete Condition it is in, it proves Infertile, and is not capable to foecundate or impregnate any of the *Ova* or Eggs in the Female *Ovaria* that a Conception might happen.

NOW whether this Effeteness or Infertile Quality of the *Semen*, proceeds from the want of *Animalcula*, with which according to some the *Semen* ought to be well stock'd, or from their Languidness; or according to others, for want of the *Semen* being sufficiently Spiritous, so as that by its *Effluvia* it might stimulate and impregnate the *Ova* in the Female *Ovaria*, is not easily to be determined; but that there is such an Effete or Infertile Quality in the *Semen* of some Men, is certain by what we now and then find in some Families, who having had no Children for some Years, and the Fault having been deem'd on the Women's side and they having taken Medicines of every kind proper to remedy such a suppos'd Defect, drank Mineral Waters at the Spring-head, been at the Bath, and tried all proper Methods for a long Time without success, we at length imagining the Defect tho not apparent, might possibly lie on the other side, and for that reason shifting the Scene,

and

and prescribing proper Remedies for the Men, to strengthen their Blood and Juices, invigorate their Nervous System, revive their Spirits, increase the *Semen* and rectify any ill, Effete or Infertile Quality of it, the End has been soon answer'd, and those Families been quickly after blest with Children.

AND I have observed that this Effete or Infertile Quality of the *Semen*, happens chiefly to such as have been remarkable for their fast Living of any kind, and particularly to those who have much harra's'd their Constitutions with Women in the Prime of their Years, and such also who daily and constantly are too free with that slow but sure Poison the Bottle; for Wine constantly and immoderately drank, not only impairs all the vital Faculties and gradually kills the Individual, but destroys his Species also, which otherwise he might and would have propagated: And the more certain and quick is it, in its deleterious and baneful Consequence, when good Exercise in an open Country Air, proportionable to the Quantity daily drank, is not as constantly used, to carry it off in some Degree: Let it be Noted also, that as Wine constantly and immoderately drank, has been justly said to be a slow Poison, so a Cordial Dram of any kind too closely follow'd, may as truly be call'd a quick One.

THOSE who devote themselves too much to *Venus* also, lie under the same Predicament; such likewise who are afflicted with Hypochondriack Melancholy, and those who constantly study and think too Intensely, or any way injure their Nervous System, or impair their Spirits, may reasonably suspect their not having Children to happen through this Effete or Infertile Quality of their *Semen*, which a melancholy Disposition, and sedentary manner of Living, next to hard Drinking and immoderate Venery, is most likely to induce.

HAVING thus treated of the several and most material Causes of *Impotency* and *Infertility* in the Male Sex, I shall in the next Place direct to the most effectual Methods for their Cure and so End this Chapter.

IF *Impotency*, or *Infertility* proceeds from any manifest Illness or Disease, that Illness must be first cured, before any Method is taken to remedy the other Defect; so also if a *simple Gleet* is the occasion of *Insufficiency*, or any Weakness of the seminal Vessels, attended with shedding,
or

or an over hasty Ejaculation of the *Semen*, they as before mentioned must be Cured by the Means already advised, before any thing else is attempted.

BUT in all Cases of *Impotency* or *Infertility*, occasioned either from the want of a due Quantity of *Semen* being separated from the Blood, or by means of its being too Thin or Watery, or any other ill or Effete Quality of it, or through a Deficiency of the Animal Spirits flowing to the proper Parts, or natural Coldness of the Constitution; in all or any of these Cases, there can be nothing better advised, or more effectual Remedies prescribed, than the *Prolifick Elixir*, *Powerful Confect* and *Stimulating Balm*, that I have recommended for the Fair Sex in the former Chapter, together with Temperance in respect both to the Bottle and *Venus*, Observance of a good nourishing Diet, good Exercise of Riding in the Country Air, short Absences, the Diversions of *Tunbridge* and the *Bath*, and other Particulars as for that Sex directed.

FOR the *Prolifick Elixir* and *Powerful Confect*, being taken by Men, exactly as I have directed for Women, will admirably correct any ill Quality of the *Semen*, exceedingly encrease its Quantity, and wonderfully strengthen the Nerves, revive and increase the Spirits, and invigorate the whole Man, as well as all the Parts appropriated to Generation: And the *Stimulating Balm* being used to the virile Parts, in the same manner as directed for Women, by those who happen to be of a saturnine or cold Habit, or labour under any Paralytick Effect of the Muscles of those Parts, or a Deficiency of the Animal Spirits, will afford almost instant Relief; for it immediately rouses and attracts the Animal Spirits to perform their proper Functions, induces a kindly warmth, potently strengthens all the Parts it is apply'd to, and invigorates them to Admiration.

BUT it should be well noted, that applying a *Stimulus* alone, ought not to be solely rely'd on; and therefore whoever judges it necessary to use the *Stimulating Balm*, should by all means at the same time take the *Prolifick Elixir* and *Powerful Confect* also, as before advised, by which they may be almost assured of Success. And this ought to be well observed by the Female Sex likewise.

FOR these excellent Remedies exceedingly promote the chearful Curricule of the Blood and Juices, raise all the Fluids from their languid depressed State to one more florid and

and sparkling, open all Obstructions, fortify the Nerves, increase the Animal Spirits, restore a juvenile Bloom, and evidently replenish the crispy Fibres of the whole Habit, with a generous warmth and balmy Moisture, and thereby invigorate it to such a Degree, as not to be imagined, but by those who have experienced how exceedingly and suddenly they renovate, recruit, and powerfully strengthen all the Animal Faculties and generative Powers in both Sexes.

THEY inforce a bright lively Disposition, banish Melancholy, and inspire Mirth and gladness of Heart beyond Expression. And true it is, that abundance of Ladies, who for several Years were deemed incurably Barren, have quickly after taking the *Prolifick Elixir* and *Powerful Confect* conceived, and become fruitful; and great Numbers of Gentlemen also, who by fast Living or otherwise had render'd themselves incapable of Procreation, have soon been enabled to Propagate their Species, insomuch that many illustrious Families, who for want of Children were almost inconsolable, are now blest with happy Issue, and are under Providence, indebted to these great Medicines for their Heirs. They rectify all disorders of the Stomach, create an Appetite, procure a good Digestion, have a very fine Flavour, cordial and pleasant to the Palate, and in all weakness of Body, or Decay of Constitution are most admirable Remedies, and even seem to keep back the Effects of Old Age it self.

AND this may be said of each of these Remedies apart, or when singly taken; but when both of them are taken together, or in the manner advised to Women, their Force and Virtue being then united, all that can be wish'd for, or desired from Medicine, may be reasonably expected from them.

I could give various Examples of Gentlemen of Consideration, who been cured by the very Remedies I have advised, and that both of manifest *Imbecility*, and of *Infertility* or Incapacity of Propagating their Species, through the unapparent Cause or Effete Quality of the *Semen*, that I have treated of; but after giving one Instance only, shall spare my Readers as well as my self any further Trouble on this Subject.

A Gentleman of about Thirty two Years of Age, in very good Health and Vigour, who had been married near
six

six Years to a fine brisk Lady, about seven Years younger than himself, without having any Children or so much as her once Conceiving, apply'd to me for Advice; and supposing the Fault lay on his Spouse's side, altho' as likely to have Children as any Lady whatever, desired I would prescribe proper Remedies for her, acquainting me at the same time that she had been at the *Bath* and *Tunbridge* two or three Times, without finding any good Effect from the Waters of those celebrated Places.

SHE was then in perfect Health, and I directed to the Medicines I thought proper for her, which she willingly took for a considerable while, being as desirous of a Child as her Husband was; at length the Gentleman complaining over a Glass of Wine, that the Remedies his Spouse had taken, prov'd ineffectual, I ask'd him if he was sure the Fault was not on his own side; on which he told me he was fully satisfied, that no Man in *England* was capable of Propagating his Species, if he was not; I only answered, that it was not impossible the *Semen* might be Infertile, since Experience had demonstrated it reasonable to believe it had been so, in many Men full as likely to beget Children as himself; and that if he would be advised by me, he should go through a short Course of proper Medicaments, that possible might prove serviceable, at least would be very far from being any way injurious, since they would be cordial and strengthening, and at the same time very agreeable to take; after considering of it for a few Minutes, he desired I would prescribe for him what Medicines I thought might be serviceable, and he would try them altho' he thought 'em needless.

AND accordingly, I order'd him my *Prolifick Elixir* and *Powerful Confect*, both of 'em to be taken exactly as I have directed in the former Chapter: In about three Weeks time he sent for me again, and said, he was weary of taking Remedies; for tho' they were pleasant enough and were very good and cordial, yet it seem'd ridiculous to him, for a Man in full Health, Strength and Vigour as he was, to continue Medicines, that he also doubted would prove as successless as those his Spouse had taken; nevertheless I advis'd him, since he had taken them so long, to continue them at least for a Week longer, which he might the easier comply with, since they neither hinder'd Time or were unpleasant to take, or occasioned the least Discom-

der, but on the contrary were Cordial to his Stomach, and tended to strengthen his Nerves and revive his Spirits. He followed my Advice, and took them for some time longer, and in about six or seven Weeks after, came with Pleasure in his Countenance, and inform'd me he believed his Spouse had conceived and was with Child, as indeed it proved, and they have now a fine Boy about Three Years Old, and a Girl of about Sixteen Months, to the great Joy and Satisfaction both of himself and Lady.

THIS Instance alone, is sufficient to illustrate what I have advanced, and therefore with it shall conclude this Chapter.

C H A P. III.

Of Miscarriage in Women, and how certainly to prevent it; with Directions how to cause Easy Delivery in Child-Birth, and effectually take off After-Pains; also how to rectify the Disorders of the Lochia or Child-Bed Purgations.

AS there is nothing more unpleasing than to be disappointed of expected and wish'd for Issue, through *Miscarriage*, so nothing proves more dangerous to the Female Sex, than that great misfortune; for it being Unnatural, is always attended with ill Symptoms, and proves much worse than a regular Child-birth: And tho' a Woman recovers from the immediate Danger of losing her Life by a *Miscarriage*, yet if she is frequently afflicted in the same manner, it certainly ruins her Constitution, weakens the whole Body, brings on incurable Illnesses, and necessarily shortens Life.

AND it is a Grievance that often becomes habitual to the Fair Sex, many Women miscarrying five or six, and

some, ten or twelve times following one another, exactly at a certain length of Time after Conception: Thus *Miscarriage* happens to some, always in the third Month of their going with Child, to others in the fourth, fifth, sixth, seventh or eighth, and then it is much more dangerous than in the first two or three Months.

THE oftner a Woman has miscarried, the more difficult will it be to cause her to retain the Fruit of her Womb, the whole nine Months that Divine Providence has appointed, for ripening a natural Birth; for when a Woman is accustom'd to miscarry, the Womb at the usual time, endeavours with its utmost Efforts to eject its Burden.

MISCARRIAGE is commonly caused the first time by a sudden Fright, violent Blow, or Fall, or Longing for Things seen without having them, either of which, causes a Contraction of the Womb, and a kind of Convulsive Motion, so as to expel the *Fœtus*. In a word, whatever irritates the Womb, and excites the Expulsive, and weakens the Retentive Faculty, procures *Miscarriage*; so that a great Cold, immoderate Exercise, intemperate Eating, Drinking too much Wine in the first Months, excessive Passion, either of Anger, Joy, Fear, Grief, &c. or Disorder of the Kidneys, or of the Bowels, the Redundancy and Rarefaction of the Blood, Flaggingness of the Womb, want of Spirits through prodigious Bleedings, also vehement Coughing, Sneezing, or Vomiting, may occasion this great Unhappiness.

THE imminent Symptoms that threaten immediate *Miscarriage*, are an Heaviness and Weight about the Loins, a bearing down of the Womb, Pain of the Back, and Pains from the Navel downwards, also trembling, Palpitation of the Heart, shivering, flaggingness of the Breasts, flux of Blood or Matter from the Womb, &c. all, or any of which portend *Miscarriage*.

IF there is Reason to believe, that the *Fœtus* is already separated from the Womb, the Expulsion of it must not be hindered, but on the contrary be promoted as much as may be, by the Assistance of a Skilful Midwife, or Physician practising Midwifery; and such Remedies must be given as will hasten its Expulsion, and by their forcing Quality speedily Ease the Womb of its then dangerous Burden, for which end I recommend the following *Expulsive Mixture*, a Spoonful or two of which, the Patient may take
even

every now and then, first shaking the Bottle, and it will cause the Womb to expel the *Fœtus* or Child, tho' Dead, with admirable and unexpected Ease.

FOR which reason it is also wonderfully serviceable to those in Labour, who have gone out their whole Time; for being taken as before directed, when the Pains relent, or are weak, it brings them on kindly, and causes a speedy and easy Delivery. *The Expulsive Mixture is thus made.*

No. 16. The Expulsive Mixture.

Take Bryony Water compound, and Dr. Stephens's Water, of each half an Ounce; Penny-royal Water, an Ounce; Rue Water, an Ounce; Troches of Myrrh, a Scruple; Tincture of Russia Castor, and Tincture of Saffron, of each half a Dram; Spirit of Salt Armoniack, a Scruple; Salt of Amber, ten Grains; Chymical Oil of Aniseed, and of Chamomile, (first mixt with a little fine Powder-Sugar), of each two Drops; of my forcing Salt, a Scruple; Syrup of Mugwort, half an Ounce; make a mixture according to Art.

THIS *Expulsive Mixture* has excellent Effects in the afore-mention'd Cases, and is truly the most proper Medicine in the World to remedy a hard or slow Labour; for it is not only powerfully forcing, but also refreshes and comforts the Woman, strengthens the Child, and disposes the Womb to expel its Burden, both Birth and after Birth, with Ease and Safety, provided the Child is in a right Posture, and fit to be expell'd, which an ingenious Midwife may easily know by the Touch; for if it be not, that and all other forcing Medicines will do more hurt than good, and prove dangerous, and therefore must be avoided, till by the Hand of a Skilful Midwife the Birth is made to present right, and every Thing is ready, and then the *Expulsive Mixture* being given as before directed, will soon display its Efficacy, and speedily cause an happy Delivery.

AND if after Delivery, the *Lochia* or Child bed Purgations do not flow sufficiently, then a Spoonful or two of the *Expulsive Mixture*, being now and then given to the Patient, according to the Discretion of her Midwife, will prove very serviceable, and bring down the Flux freely.

WHEN the *Lochia* or Child-bed Purgations are regular, Pure Blood flows copiously for the first three Days after Child-Birth; then a kind of watery thin Blood, almost like Water wherein Flesh has been washed, for the four next following Days; and afterwards a Viscous or thick and clammy Matter, with very little if any Blood intermix'd, for about six Days more; and so on, but without any streaks of Blood in it, till towards the End of the Month.

BUT if the Childbed Woman should be exceedingly afflicted with *After-Pains* also, which are occasioned by Convulsive Throws of the *Uterus* or Womb, and often give a Check to the Flowing of the *Lochia*, then it will be proper for her to take the *Anti-Hysterick Cordial*, prescribed for the great Pain and Uneasiness many Women endure, just upon the coming Down of their Courses every time they flow, in the 3d Chapter of the *Ladies Physical Directory* Page 20. aforegoing, taking it exactly or in the very same manner as is there directed, till Ease and Rest is obtained, but no longer; and repeating it in Case of urgent Necessity every other Day, as the Skilful Midwife may judge needful, or even every Day for two or three Days, if the *Pains* are excessive, and the Patient very Restless, but not otherwise; by which means those grievous *After-Pains* will be effectually taken off, and the Patient be brought into good Order: For the *Anti-Hysterick Cordial*, not only gives perfect Ease and occasions pleasant Rest and sweet Sleep, but also promotes the *Lochia* or Childbed Purgations at the same time, and causes them to flow regularly and freely.

AND to promote this Flux, the kindly warmth of the Bed, and lying quiet and still in it, is of great service; therefore I would earnestly advise all Childbed Women, not to rise from Bed or sit up too soon after Delivery.

TOO many imprudent Midwives, either to shew how well they have perform'd their Office, or through some other false Notion, often advise their Women to Rise in a very few Days after they have been delivered, and to sit up for some time; by which it frequently happens, to weakly Women especially, that they are immediately seized with some Hysterick Disorder, the very Motion of getting out of Bed and into it again greatly contributing, and the *Lochia* or Childbed Purgations are presently lessened, and soon after totally stopt, so as scarcely to be brought to flow again by any

any Art or Means; whence Fevers, Frenfies and Convulsions, are occasioned, Life imminently endangered, and oftentimes suddenly lost.

AND if they do not lose their Lives by those Illnesses occasioned by this too soon Rising from Bed and sitting up, which really occasions the Death of most of the Women who Die in Childbed, yet they are afterwards Afflicted with the highest Degree of the Hysterick Disease, from which they are seldom intirely freed, but are tormented with it more or less for their whole Life-time: And it is commonly found, that those Women who happen to have their *Lochia* or Childbed Purgations untimely stopt, either through Rising from Bed and Sitting up too soon after Delivery, which is the most usual Cause, or by taking Cold, or any other Accident in their Lying in, are more or less disturb'd in their Heads by fits for ever after.

LET those therefore who value their Lives, and regard their future Health, more especially if they are of a weakly Constitution, and subject to the Vapours, be sure to lie in Bed, and not Rise and sit up, till the tenth Day at least after Delivery; should they be tired of their Bed or seem faintish by lying so long, they may sit up in it a little to refresh themselves, but that with great Caution also, and taking Care to keep themselves very warm at the same time, but by no means to Rise wholly from it, or to let their lower Parts suffer any sense of Cold, or feel the least Breath of cool Air.

THOSE Midwives, Nurses and Childbed Women who are wise, will Observe this Advice and take care that it is followed: Those who are not, will still run the Risk of the dreadful Consequences I have mentioned.

BUT to return to *Miscarriage*: If the *Fætus* or Child is not separated from the Womb, nor the Blood Vessels broke, nor any Flux of Blood from the Womb appears, then Endeavours and all possible means must be used, to confirm the Tone of the Ligaments, strengthen the Womb and corroborate the *Fætus*; for which purpose such Medicines must be immediately given, as are Comforting, Balsamick, Sub-astringent, Temperate in respect to Heat, and that have a Power to absorb all irritating or sharp Humours, which often cause a Contraction of the Womb and Expulsion of the Birth.

THERE-

THEREFORE if a Woman has never miscarried, but being with Child, is fright'ned, or receives a Blow, Fall, &c. so as to endanger a *Miscarriage*, I advise her instantly to drink a Glass, or two, of good strong Chest *Florence*, or *French* Claret, there being nothing better on those Occasions; for Strong Red *Florence* Wine recovers and raises the Spirits depressed by Frights, &c. and at the same time by its Noble Astringent Quality, strengthens the Womb and its Vessels; Burnt-Claret may also be drank to good Effect: After which, if any Symptoms of *Miscarrying* continues, the Patient should take from the Point of a Knife, the Quantity of a large Nutmeg of my *Restraining Electuary*, prescribed for the immoderate Flux of the Courses in the second Chapter of *The Ladies Physical Directory*, Page 15. foregoing, as soon as can be, and continue to take the same Quantity of it three times every Day, *viz.* every Night and Morning, and at three or four a Clock every Afternoon, till all danger of *Miscarrying* is over, minding to drink a Glass of Red *Florence* Wine, or other agreeable Liquor after each Dose, such as Claret and Water, an equal Quantity of each, mix'd together and boil'd with a very little Cinnamon in it, till one third Part of the whole Liquor is wasted, and then sweet'ned with treble refin'd Loaf Sugar. A Draught of this pleasant Liquor being drank now and then Cold, together with taking the *Restraining Electuary* as directed, will assuredly prevent *Miscarriage*, especially if she indulges her self in Rest and Ease, and lying pretty much in Bed, which is proper when *Miscarriage* is threat'ned, observing at the same time not to lie too hot, or with too many Bed-clothes on.

BUT if the Patient has *Miscarried* once, or several times before, then it will be highly necessary for her to begin to take the *Restraining Electuary*, as before directed, for a Week or more, before the last or usual time of her *Miscarrying*, and continue it till a Week or Fortnight after the time she most fears, tho' she has no Symptoms of *Miscarrying*, by which means she will certainly prevent that misfortune, tho' she has miscarried many times before.

FOR it powerfully corroborates the Womb and its Vessels, confirms and establishes the Tone of the Ligaments that keep the Birth fixed to the Womb, and strengthens the *Fœtus* more than can be expressed; it also comforts the
Stomach

Stomach and Bowels, absorbs all acrid or sharp Humours, and fortifies the Spirits exceedingly: Therefore the longer it is taken, during a Woman is with Child, the more secure will she be of going out her whole Time with Safety, Ease and Health; yet about the last Month of her Time, if no danger of *Miscarrying* appears, it will be proper for her to omit taking it, because it strengthens the Membranes, Ligaments, and Vessels so exceedingly, that being taken too near the Time of Delivery, it may possibly cause her Labour to be somewhat more hard than otherwise it would be.

AND if after a Woman is brought to Bed, the *Lochia* or Child-bed Purgations should flow too much, or in such a very large Quantity, as to cause Swooning, intire loss of Strength, Convulsions and other dangerous Symptoms, so as to make it necessary to restrain the Flux, which when so excessive is vulgarly called Flooding, then a few Doses of the *Restraining Electuary* being given to the Patient, by the Advice of her Midwife, together with her drinking now and then a Cup of Claret and Water boil'd together, in the manner just now advised, will prove the best Means to relieve her, and probably do infinite good. Thus much concerning the too violent Flux of the *Lochia*, or Child-bed Purgations.

AS to *Miscarriage*, it is further necessary to observe, that if the Patient, during the time of taking the *Restraining Electuary* to prevent her *Miscarrying*, should happen to be costive, or very hard Bound, then it will be necessary for her to take some very gentle Medicine, just to loosen her Belly now and then, as she finds occasion, for which purpose a small Dose of the *Laxative Electuary* prescrib'd in the second Chapter of *The Ladies Physical Directory*, page 14. aforegoing, being taken exactly as is there directed, will prove very serviceable.

IF the Symptoms of *Miscarriage* are occasioned by longing for Things seen, &c. whatever they be, they ought immediately to be procured, if possible.

AND if the Patient is of a Sanguine Complexion, and full of Blood, it will not be amiss for her to be presently blooded to the Quantity of Eight Ounces.

THUS I have given all the necessary Directions concerning *Miscarriage*, &c. which being duly followed, will certainly have the desired Effect; as the number of Women

I have cured of the Habit of *Miscarrying*, by the Method herein set down, evinces.

ABOUT two Years ago, a Gentlewoman near thirty Years of Age came to me much afflicted, having miscarried ten times before, and always about the third Month; she was very desirous to be cured of that Faculty, and was then about nine or ten Weeks gone with Child, and began to have some Symptoms of an approaching *Miscarriage*. I therefore order'd her to take my *Restraining Electuary*, as I have directed in this Chapter, and to continue it constantly for six Weeks at least, which she did, and without taking any thing else, she was cured, went out her whole Time, and brought into the World a healthy Boy; and so compleat was the Cure, that since that, she has had another Child, without taking any Medicines, or having the least sign of fear of *Miscarriage*.

F I N I S.

A Catalogue of all the Medicines prescribed in this Book, and which may be had by the Author's Appointment of the Gentlewoman at the Two Blue Posts in Haydon-Yard in the Minories, London; where only he has allow'd them to be dispos'd of, at the following Prices, viz.

No.		s.	d.
1.	The Purging Pills prescribed in Page 6. ———	3	6
2.	The Opening Pouder, p. 6. ———	5	0
3.	The Corroborating Electuary, p. 8 ———	5	0
4.	The Laxative Electuary, p. 14. ———	3	6
5.	The Cooling Anodyne Pouder, p. 15. ———	3	6
6.	The Restraining Electuary, p. 15. ———	5	0
7.	The Anti-Hysterick Cordial, p. 20. ———	5	0
8.	The Uterine Drops, p. 22. ———	3	6
9.	The Alterative Pouder, p. 25. ———	5	0
10.	The Intrinsick Liniment, p. 26. ———	3	6
11.	The Balsamick Electuary, p. 31. ———	5	0
12.	The Sanative Fomentation, p. 37. ———	5	0
13.	The Prolifick Elixir, p. 50. ———	5	0
14.	The Powerful Confect, p. 51. ———	7	6
15.	The Stimulating Balm, p. 53. ———	5	0
16.	The Expulsive Mixture, p. 67. ———	9	0



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